

**George Mason University  
College of Education and Human Development**

RECR 187 (008) - Yoga: Intermediate (1)  
1 Credit, SPRING 2017  
W/F 1:30pm-2:45pm / RAC 2201 – Fairfax Campus

**Faculty**

Name: Reggie Meneses, RYT  
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**Prerequisites/Corequisites**

RECR 186 or Permission of the Instructor

**University Catalog Course Description**

Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Focuses on 10 new yoga poses and practice of the complete Sun Salutation.

**Course Overview**

Readings, lectures, and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
- All communication will be through GMU e-mail – the Patriot Web Site.
- Students are requested to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.
- Students have the opportunity to make-up **ONE** classes due to absence. Make-up class must be accompanied by a journal (write up of your experience) to be handed in via e-mail.
- Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 1:30pm. It is not safe to join practice late.

**Course Delivery Method**

This course will be delivered using a face-to-face format.

## Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate at least 25 *asanas*, including proper alignment.
2. Identify the poses and demonstrate proficiency in the “Sun Salutation” (*Surya Namaskar*).
3. Classify *asanas* as to their types.
4. Name benefits and contra-indications of *asanas*.
5. Develop proficiency in the practice of three types of *pranayama*.
6. Define the “limbs” of the “Eightfold Path” outlined in Patanjali’s Yoga Sutras.

**Professional Standards:** N/A

## Required Texts

Desikachar, T.K.V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International.

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

### • Assignments and Examinations

#### ○ Homework Writing Assignments

Student will complete journals reflecting on topics read in required text and reviewed in class discussion. When journals are assigned, they are due by the next class meeting. Journals are submitted through Blackboard, and should be reflective in nature (i.e. something new you learned, questions, comments, etc.)

#### ○ Integration Exam 1

Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned to date. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard by the following class meeting.

#### ○ Integration Exam 2

Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned over the entirety of the course. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard by the following class meeting.

### • Other Requirements

Class participation- Absences and late arrivals are disruptive. Absences make it difficult to proceed with the presentation of this class due to the amount of physical

practice required to develop the poses. 5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. Attendance/Participation score will be the number of points you gained each day. Unexcused absences and late arrivals could significantly affect your grade.

\*\*One letter-grade will be deducted for two unexcused absences.

The first day of class will count in the evaluation.

Participation will be graded on demonstrating an attempt at the poses, however modified, cooperation toward the instructor and classmates. Points will be deducted for a poor attitude towards the instructor/classmates.

Absences AND Tardies are not excused without a **Doctor's note**. The Doctor's Note must be presented immediately upon returning to class with the dates the student is to be excused and a statement of what the student can and cannot do in Yoga.

\*\*Emailing the instructor does not excuse the student from class.

All Late assignments, quizzes, and exams will be made-up at the Instructor's convenience immediately upon returning to class.

### Blackboard assignments

- **Course Performance Evaluation Weighting**

- Class Participation (50 points)
- Homework writing assignments (20 points)
- Integration Exam 1 (15 points)
- Integration Exam 2 (15 points)
- Total: 100 points

- **Grading Policies**

A = 94-100	B+ = 88-89	C+ = 78-79	D = 60-69
A- = 90-93	B = 84-87	C = 74-77	F = 0-59
	B- = 80-83	C- = 70-73	

### Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

### Course Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Day	Topic	Reading/Assignments
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<b>10/18</b>	Overview of course material Review of Introduction to Yoga Question/Answer session. Savasana/Pranayama	Read Chapters 1, 2, and 3 in Heart of Yoga Journal about the assigned chapters due 10/20 by 8pm
<b>10/20</b>	Review, practice, and integrate Introduction to Yoga material: Surya Namaskar A, standing poses, backbends, seated poses. Savasana/Pranayama.	<b>Journal Due Today on Blackboard</b>
<b>10/25</b>	Break down elements of Surya Namaskar B (Sun Salutation B). Introduce Yama and Niyama (first 2 limbs of the 8 limbs of Yoga)	Read Chapters 4, 5, and 6 in Heart of Yoga Journal about the assigned chapters due 10/27 by 8pm
<b>10/27</b>	Review and practice Surya Namaskar B with modifications/contraindications and integrate with Surya Namaskar A. Savasana/Pranayama.	<b>Journal Due Today on Blackboard</b>
<b>11/1</b>	Introduce and break down elements of Surya Namaskar C (Sun Salutation C).	Read Chapters 7 through 10 in Heart of Yoga. Journal Due 11/3 by 8pm
<b>11/3</b>	Introduce and break down elements of Chandra Namaskar (Moon Salutation). Introduce 6 remaining limbs of Yoga.	<b>Journal Due Today on Blackboard</b>
<b>11/8</b>	Practice/integration of Surya C & Chandra Namaskar into practice with modifications/ contraindications. Introduce/practice basic balancing asanas: Vrksasana (tree pose), Virabhadrasana 3 (warrior 3)	Read Chapters 11 through 13 in Heart of Yoga Question/answer regarding the 8 limbs of Yoga. Journal due 11/10 by 8pm
<b>11/10</b>	<b>Integration Exam 1</b>	<b>Journal Due Today on Blackboard</b>

11/15	<p>Introduce Dancing Warrior Namaskars (variations of Sun Salutations).  Break down elements of Hip Opening Namaskar.  Continue balancing asanas: Urdhva Prasarita Eka Padasana (standing splits), Ardha Chandrasana (half- moon pose)  Discuss meaning of “OM”.</p>	<p>Read Chapters 14 and 15 in Heart of Yoga.  Journal Due 11/17 by 8pm</p>
11/17	<p>Practice/integration of Dancing Warrior Hip Opening Namaskar with modifications/ contraindications.  Modifications/contraindications for Standing splits &amp; Ardha Chandrasana.</p>	<p>Question/Answer regarding “OM”/“AUM”.  <b>Journal Due Today on Blackboard</b></p>
11/29	<p>Continue Dancing Warrior Namaskars (variations of Sun Salutations).  Break down elements of Heart Opening Namaskar.  Introduce Deeper Backbending asanas: Dhanurasana (bow pose), Urdhva Dhanurasana (Full Wheel)</p>	<p>Introduction of The Yoga Sutras: Read Heart of Yoga—Part III The Yoga Sutra of Patanjali Chapters 1 and 2– Journal Due 12/1 by 8pm</p>
12/1	<p>Practice/integration of Heart Opening Namaskar with modifications/contraindications.  Integration of deeper backbends with modifications/contraindications.</p>	<p><b>Journal Due Today on Blackboard</b></p>
12/6	<p>Continue Dancing Warrior Series  Break down elements of Side Waist Opening Namaskar.  Introduce/practice deeper seated hip opening asanas: Eka Pada Rajakapotasana (pigeon pose), Gomukhasana (cow face pose).</p>	<p>Read Heart of Yoga: Part III The Yoga Sutra of Patanjali Chapters 3 and 4– Journal Due 12/8 by 8pm</p>
12/8	<p><b>Integration Exam 2</b></p>	<p><b>Journal Due Today on Blackboard</b></p>

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

## **GMU Policies and Resources for Students**

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The Writing Center provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).

- The Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://ssac.gmu.edu/make-a-referral/>.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**