

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

RECR 186 (006) - Yoga: Introduction  
1 Credit, FALL 2017  
W/F 1:30pm-2:45pm / RAC 2201 - Fairfax Campus

**Faculty**

Name: Reggie Meneses, RYT 200  
Office hours: By Appointment  
Office location: RAC 2002  
Email address: RMENESES@GMU.EDU

**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Introduces students to the practice of Hatha yoga. Class emphasis will be on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

**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 20 asanas, including proper alignment, with a strong emphasis on safe practice. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
2. Identify the poses and demonstrate proficiency in “Sun Salutation” (Surya Namaskar); a Vinyasa or steady flow of 12 classic postures linked with breath work in a continuous movement.
3. Name the benefits of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of pranayama.
6. Demonstrate techniques of basic relaxation.

**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 Through Blackboard

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

- **Professional Dispositions**

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

### Class Schedule

Week	Topic	Reading/Assignments
------	-------	---------------------

<p><b>One (8/30-9/1)</b></p>	<ul style="list-style-type: none"> <li>* Introduction to Yoga, aids, clothing &amp; mats.</li> <li>* Course Content.</li> <li>* Prana breathing introduction</li> <li>* Learn/Practice Elements of Surya Namaskar A (Sun Salutation A)</li> <li>* Discuss and practice Savasana (Relaxation)</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 1 and Chapter 2 in Heart of Yoga</li> <li>* Journal due 9/1 by 8pm</li> </ul>
<p><b>Two (9/6-9/8)</b></p>	<ul style="list-style-type: none"> <li>* Review Surya Namaskar</li> <li>* Five movements of Prana - Universal Life Force Energy.</li> <li>* Linking movement with breath</li> <li>* Review Savasana</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 3 and Chapter 6 in Heart of Yoga</li> <li>* Journal due 9/8 by 8pm</li> </ul>
<p><b>Three (9/13-9/15)</b></p>	<ul style="list-style-type: none"> <li>* Discussion &amp; alignment of basic standing asanas: Pages 45-51 in Heart of Yoga.</li> <li>* Discuss, modifications (props)/contraindications.</li> <li>* Tadasana (mountain pose)</li> <li>* Virabhadrasana 1 (Warrior 1)</li> <li>* Virabhadrasana 2 (Warrior 2).</li> <li>* Parsvakonasana (Side Angle Pose)</li> <li>* Savasana</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 4 in Heart of Yoga</li> <li>* Journal due 9/15 by 8pm</li> </ul>
<p><b>Four (9/20-9/22)</b></p>	<ul style="list-style-type: none"> <li>* Integrating standing asanas into practice</li> <li>* Prasarita Padottanasana(Standing Wide-legged Forward Fold with Variations)</li> <li>* Linking Sun Salutations and Standing asanas with breath.</li> <li>* Savasana</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 5 in Heart of Yoga</li> <li>* Journal due 9/22 by 8pm</li> <li>* Integration Exam I will be on 9/22</li> </ul>

<b>Five (9/27-9/29)</b>	<ul style="list-style-type: none"> <li>* Introduction to Balance Practice and Backbends.</li> <li>* Introduction to Kapalabhati Pranayama.</li> <li>* Importance of Alignment</li> <li>* Savasana</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 7 in Heart of Yoga</li> <li>* Journal due 9/29 by 8pm</li> </ul>
<b>Six (10/4-10/6)</b>	<ul style="list-style-type: none"> <li>* Review backbending with modifications/contraindications.</li> <li>* Integrating backbending into our practice.</li> <li>* Introduction to Arm Balances and Inversions.</li> <li>* Floor postures</li> <li>* Salabasana (Locust)</li> <li>* Setu Bandha Sarvangasana (Bridge Pose)</li> <li>* Anjaneyasana (Crescent Moon)</li> <li>* Savasana</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 8 through Chapter 11 in Heart of Yoga</li> <li>* Journal due 10/6 by 8pm</li> </ul>
<b>Seven (10/11-10/13)</b>	<ul style="list-style-type: none"> <li>* Seated postures</li> <li>* Paschimottanasana (seated forward fold)</li> <li>* Baddha konasana (bound angle pose)</li> <li>* Parivrtta Upavistha Konasana (Wide-legged Seated Forward Fold)</li> <li>* Savasana.</li> <li>* Review of Practice, philosophy, Final Quiz</li> </ul>	<ul style="list-style-type: none"> <li>* Read Chapter 12 through 15 in Heart of Yoga</li> <li>* Journal due 10/13 by 8pm</li> <li>* Integration exam II will be on 10/13</li> </ul>

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

### **Core Values Commitment**

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/>.**