

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 187 (003) - Yoga: Intermediate
1 Credit, FALL 2017
-T/TR 7:30-8:45am / RAC 2201 - Fairfax Campus

Faculty

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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.
- Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 7:30am. 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

Articles will be made available online via BlackBoard from the following texts:

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

Feuerstein, Georg and Bodian, Stephanie (1993). *Living Yoga*. New York, NY: Penguin Putnam, Inc.

Stephens, Mark (2010). *Teaching Yoga: Essential Foundations & Techniques* (2010) Berkeley, CA: North Atlantic Books.

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

Participation (70 points) Daily attendance and participation required. Students will demonstrate proficiency in asanas, and pranayama. Understanding of alignment, benefits and contraindications will be discussed as a group. Be on time!

Writing Assignments (35 points) 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.) There are 7 journal assignments worth 5 points each.

Final Quiz (25 points) Based on material presented in class. The exam will consist of 25 multiple choice and short answer questions on content covered in class.

Other Requirements

Class participation is a must 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.

Course Performance Evaluation Weighting

Lab Exercises/Class Participation (70 points)

Final Quiz (25 points)

Homework writing assignments (35 points)

Total: 130 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

See <https://cehd.gmu.edu/students/polices-procedures/>

Course Schedule

| Day | Topic | Reading/Assignments |
|-------|--|---|
| 10/17 | Overview of course material Review of Introduction to Yoga Question/Answer session. Savasana/Pranayama/Meditation | 8 - Limbs Handout <i>Nature of the Human Mind</i> and <i>The Royal Path of Mental Discipline</i> by Swami Vivekananda |
| 10/19 | 8 Limbs Review, practice, and integrate Introduction to Yoga material. Surya Namaskar, standing poses, backbends, seated poses. Savasana/Pranayama. Meditation | <i>Heart of Yoga Pages</i> 97-105; 107-111 Journal Due 10/19 |
| 10/24 | Yamas/Niyamas (Continued) Surya Namaskar B; Uotkatasana(Chair); Urdva Mukha Svasana(Upward Facing Dog): Pranayama Meditation | <i>Heart of Yoga</i> p. 112- 118 Question/Answer regarding Yamas and Niyamas |
| 10/26 | Different types of Hatha Yoga Introduce Dancing Warrior Series; Parsvottanasana(Intense Side Stretch) Pascimottasana (Forward Fold); Janu Sirsana(Head to Knee) Pranayama; Meditation | <i>Teaching Yoga</i> p 21-32. Journal Due 10/26 |
| 10/31 | Different types of Hatha Yoga (Continued) Continue Dancing Warrior Series Eka Pada Rajakapotasana (Pigeon); Pranayama; Meditation | <i>Teaching Yoga</i> p. 33-44 |
| 11/2 | Forms of Yoga Balancing asanas: Garudasana (Eagle); Navasana (boat); Visisthasana I (Side Plank); Malasana(Squat) ; Pranayama; Meditation | <i>The Heart of Yoga</i> p.135-139 Journal Due 11/2 |
| 11/7 | Mudras Balancing Asanas: Ardha Chandrasana (half- moon pose);Virabhadrasana 3 (warrior 3); Goddess Pose; Marichyasanal (Forward Fold with bent knee)Pranayama; Meditation | <i>Article on Mudras</i> |
| 11/9 | NO CLASS | Journal Due 11/9 |

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| 11/14 | Koshas, Nadis, Bandhas Introduce and break down elements of Chandra Namaskar (Moon Salutation).Sarvangasana (Shoulderstand): Halasana(Plough); Pranayama; Meditation | <i>Teaching Yoga</i> p.47-54 |
| 11/16 | Chakras, Gunas, Doshas Chandra Namaskar into practice with modifications/ contraindications.Pranayama; Meditation | <i>Teaching Yoga</i> p. 54-61 <i>Heart of Yoga</i> p. 71-72 Journal Due 11/16 |
| 11/21 | Discuss meaning of “OM”. Introduce Deeper Backbending asanas: Dhanurasana (bow pose); Ustrasana (Camel); Matsyasana(fish); Purvottanasana(reverse Staff Pose); Pranayama; Meditation | <i>Heart of Yoga</i> Page 130-131 |
| 11/28 | Introduction of The Yoga Sutras. Parivrtta Trikonasana (Revolved Triangle);Supta Virasana (Reclined Hero’s Pose); Pranayama; Meditation | <i>Heart of Yoga</i> p. 145-147 Journal Due 11/28 |
| 11/30 | Continuation of Yoga Sutras Parighasana (Gate); Morning Star; Dying warrior; Pranayama; Meditation | <i>Heart of Yoga</i> p. 149-150 (YS 1.1 & 1.2) |
| 12/5 | Review Yoga Nidra; Restorative Poses | Journal Due 12/5 |
| 12/7 | Final Quiz | |

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 or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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