

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

RECR 186 (003) - Yoga: Introduction  
1 Credit, FALL 2017  
-T/TR 7:30-8:45am / RAC 2201 - Fairfax Campus

**Faculty**

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

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
3. All communication will be through GMU e-mail – the Patriot Web Site.
4. Students are requested to bring their own yoga mat to class.
5. 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. Arriving to class on time is part of your participation requirement.

**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); and sequence of 12 classic postures linked with breath work.
3. Name the benefits and contra-indications of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of three types of pranayama.
6. Demonstrate techniques of basic relaxation.

## **Professional Standards NA**

### **Required Reading**

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, hard copy).

- **Assignments and Examinations (60 points)**

- **Homework 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.)

**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 entries worth 5 points each.

- **Final Quiz (25 points)** Quiz presented from material discussed in class. Based on material presented in class. Will consist of multiple choice and short answer questions on content covered in class.

- **Other Requirements**

**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!

**Daily attendance is required.** 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:

Exam	Points
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#1 Writing Assignments	35
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#2 Final (Quiz)	25
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<b>Participation</b>	70
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TOTAL	130
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### Grading

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

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

## Course Schedule Intro to Yoga

Week	Topics	Readings/Assignment Due
1 08/28 08/30	What is Yoga? Review of yoga etiquette and brief history of Yoga. Intro to diaphragmatic/ and three part breath. Introduction of warm up asanas and initial exploration of standing asanas.	<i>Introducing Yoga</i> by Georg Feurstein <i>Teaching Yoga</i> p.1-7  <b>Journal Due 8/30</b>
2 9/05 9/07	Eight Fold Path. Asana & Pranayama. Continued explorations of the standing asanas. General benefits of the practice. Intro ujayi breath. Warrior Series; Forward Folds	<i>Hatha &amp; The Eightfold Path, Posture, Posturing, and Poise</i> by Georg Feurstein <i>Teaching Yoga</i> p.7-13  <b>Journal Due 9/7</b>
3 9/12 9/14	Benefits of Yoga Practice. Benefits of Asana. Importance of Alignment & Sequencing. Introduction to Ujayi pranayama. Heart Openers.	<i>Asana: Basic Movement Toward Health</i> by Judith Lasater <i>Heart of Yoga</i> p. 17-23  <b>Journal Due 9/14</b>
4 9/19 9/21	Benefits of Pranayama. Working with the Breath. Extension of Inhale & Exhale. Surya Namaskar.	<i>Working with the Breath</i> by Richard Miller <i>Heart of Yoga</i> 53-57; p. 59-67  <b>Journal Due 9/19</b>
5 9/26 9/28	Asana & Pranayama continued. Arm Strengtheners. Nadi Shodhana	<i>Heart of Yoga</i> p. 25-37 <i>Secrets of Sequencing</i> by Donald Moyer  <b>Journal Due 9/28</b>
6 10/3 10/5	Stress and Benefits of Yoga. Calming Breath Practices. Restorative Poses.	<i>The Relaxation Response and Beyond</i> by Peggy Gillespie  <b>Journal Due 10/5</b>
7 10/10 10/12	Review of Practice, philosophy. Yoga Nidra Final Quiz	<b>Journal Due 10/12</b> 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](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/>.
- 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/> .**