

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

RECR 186 (001) – Yoga: Introduction
1 Credit, Spring 2018
T/R 3:00 pm - 4:15 pm/RAC 2002 Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the practice of Hatha yoga. Emphasizes 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.

- Students with injuries or pre-existing conditions that may affect the class must inform the instructor.
- Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
- All communication will be through GMU e-mail (Patriot Web Site).
- Students are required 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 3:00. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.
- Students have the opportunity to make up TWO classes due to excused absence. Make-up classes must be accompanied by a journal (write up of your experience) to be handed in via Blackboard. Students should complete the make-up practice within one week of the class they missed.

- Make-up Details:

- First missed class may be made up at Sun & Moon Yoga at either the Fairfax (9998 Main Street, Fairfax VA 22031) or Arlington (3811 Lee Highway, Arlington VA 22207) location free of charge. Tell them you are a “first class free” student when you arrive.
- Second class may only be made up at Sun & Moon Yoga’s Fairfax location (9998 Main Street, Fairfax VA 22031) on Saturday at either 9:15 a.m. or 10:45 a.m.

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 medical 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 and contraindications 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

N/A

Required Texts: none

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

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

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/or Examinations**

Class Participation (70 points) **Daily attendance and participation required.** Students will demonstrate proficiency in asana and pranayama.

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. An absence is excused with a doctor’s note unless preapproved by the instructor. An email, phone call, or text doesn’t excuse an

absence. Doctor's notes must be presented immediately upon return to class or scanned and emailed immediately.

One letter-grade will be deducted for two unexcused absences or for classes not made up at Sun & Moon Yoga Studio in a timely manner (within one week of missed class or other **agreed upon timeframe between professor and student).

Journal Writings (35 points; 7 entries worth 5 points each) Students will complete journals reflecting on topics read in required reading via Blackboard. When readings are assigned, journal responses are due by midnight of the next class meeting. Journals are submitted through Blackboard and should be reflective in nature. Points will be deducted for late assignments.

Final Practical Exam (30 points) Students will be guided through a practice which will be cumulative in nature. Students are expected to demonstrate recognition of poses and comprehension of safe alignment. Grades will be based on individual progress.

Total Points 135

• 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/policies-procedures/>

Class Schedule

Day	Topic	Reading/Assignments
1/22	Introduction to Yoga and props Course content and expectations Non-harming guides your practice Warm-ups Six directions of the spine, Table, Easy Seat, Puppy Dog Shavasana (relaxation)	Read Essay on Blackboard: <i>Introducing Yoga</i> by Georg Feurstein
1/24	Journal due TODAY Finding your edge Intro to elements of Sun Salutation: Mountain, Lunges, Plank, Downward Facing Dog Breath Awareness: extending exhale Shavasana (relaxation)	
1/29	Continue Intro to elements of Sun Salutation: Forward Folds, Baby Cobra, Mini Sun Salute Diaphragmatic (Belly) Breathing Shavasana(relaxation)	Read Essay on Blackboard: <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald
1/31	Journal Due TODAY Learn first variation of Sun Salutation Shavasana (relaxation)	
2/5	Review Sun Salutation and link to breath Learn second variation of Sun Salutation Shavasana (relaxation)	Read Essay on Blackboard: <i>Working with the Breath</i> by Richard Miller
2/7	Journal Due TODAY Upward Facing Dog and other backbends Learn third variation of Sun Salutations Victorious Breath Shavasana (relaxation)	
2/12	Warrior Standing Postures: Warrior 1, 2, 3 & Reverse Warrior Shavasana (relaxation)	Read Essay on Blackboard: <i>Hatha & The Eightfold Path,</i>
2/14	Journal Due TODAY Dancing Warrior series	
2/19	More Standing Postures: Triangle and Side Angle Shavasana (relaxation)	Read Essays on Blackboard: <i>Posture, Posturing, and Poise</i> by Georg Feurestein <i>Asana: Basic Movement Toward</i>

		<i>Health</i> by Judith Lasater
2/21	Balance Postures: Tree and Eagle Pose Shavasana (relaxation)	
2/26	Journal Due TODAY Combine Sun Salutations with Other Asanas Shavasana (relaxation)	Read Essay on Blackboard: <i>Developing Your Own Yoga</i> by Hart Lazer
2/28	Journal Due TODAY Seated Postures: Staff Pose, Head to Knee, Bound Angle, Wide Legged Seated Pose Shavasana (relaxation)	
3/5	Review Practice and Philosophy Shavasana (relaxation)	Read Essays on Blackboard: <i>Secrets of Sequencing</i> by Donald Moyer
3/7	Journals Due TODAY Practical Exam Shavasana (relaxation)	

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

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Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- 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/> .