

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

RECR 187 (006) – Yoga: Intermediate  
1 Credit, SPRING 2018 (3/19-5/5/18)  
T/R 3:00 pm - 4:15 pm/RAC 2002 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, 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 their participation 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 is 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 no more than TWO classes due to absence. Make-up classes must be accompanied by a journal entry (write up of your experience) to be submitted 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**

At the conclusion of this course, students should be able to:

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 contraindications 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**

NA

### **Required Texts**

None

**Readings will be made available online via Blackboard from the *Yoga Basics Blog*, *Living Yoga*, *Yoga for Healthy Aging Blog*, and *The Yamas and Niyamas*:**

Adele, Deborah. *The Yamas and Niyamas*. Duluth, Minnesota: One-Word Bound Books LLC, 2009. Print.

Burgin, Timothy. “Learn About Yoga.” *Yoga Basics*, [www.yogabasics.com/learn/](http://www.yogabasics.com/learn/). 14 Aug. 2017.

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

Roa, Ram. “The Fifth Branch of Yoga: Pratyahara.” *Yoga For Healthy Aging*, 29 Oct. 2014. [www.yogaforhealthyaging.blogspot.com/2014/10/the-fifth-branch-of-yoga-pratyahara.html](http://www.yogaforhealthyaging.blogspot.com/2014/10/the-fifth-branch-of-yoga-pratyahara.html). 15 Oct. 2017

Roa, Ram. “The Fourth Branch of Yoga: Pranayama.” *Yoga For Healthy Aging*, 15 Sept. 2014. [www.yogaforhealthyaging.blogspot.com/2014/09/the-fourth-branch-of-yoga-pranayama.html](http://www.yogaforhealthyaging.blogspot.com/2014/09/the-fourth-branch-of-yoga-pranayama.html).

15 October. 2017

Roa, Ram. "Samyama: The Trinity of Dharana, Dhyana, and Samadhi." *Yoga For Healthy Aging*, 15 Dec. 2014. [www.yogaforhealthyaging.blogspot.com/2014/12/samyama-trinity-of-dharana-dhyana-and.html](http://www.yogaforhealthyaging.blogspot.com/2014/12/samyama-trinity-of-dharana-dhyana-and.html). 15 October. 2017

Roa, Ram. "The Third Branch of Yoga: Asana." *Yoga For Healthy Aging*, 13 August 2014. [www.yogaforhealthyaging.blogspot.com/2014/08/the-third-branch-of-yoga-asana-being-in.html](http://www.yogaforhealthyaging.blogspot.com/2014/08/the-third-branch-of-yoga-asana-being-in.html). 15 Oct. 2017

Pond, David. *Chakras for Beginners: a Guide to Balancing Your Chakra Energies*. Llewellyn Publications, 2016. Print

### 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. Absences are excused with a doctor's note or preapproved by the instructor. Phone calls, emails, texts do not excuse an absence. Doctor's notes must be presented immediately upon return to class or scanned and emailed.

\*\*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 (55 points; 15 entries worth 5 points each) Students will complete journal entries reflecting on topics read in required reading via Blackboard. Journals are assigned on the first class meeting of the week and due by midnight of the next class meeting. Journal entries are submitted through Blackboard and should be reflective in nature. Points are assigned using a rubric that is provided to students. Points will be deducted for late assignments.

Final Quiz (20 points) Students will have access to the final quiz via Blackboard during the last week of class.

Total Points 145

- 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/>

## Class Schedule

Date	Topic	Category of Pose	Asana and Pranayama Practice	Assignment
3/19	Overview of Course Content and Expectations		Review Sun Salutation (Surya Namaskar) Shavasana	Read & Respond to <i>Yoga Basics</i> blog articles: <i>History of Yoga &amp; Hatha Yoga: The Physical Path</i>  Look Over Yoga Timeline
3/21 Journal due today by midnight	Timeline of Yoga	Standing	Warrior 1 & 2, Side Angle, Triangle, Chair Complete Breath Shavasana	
3/26	8 Limbs of Yoga	Intermediate Backbends	Upward Facing Dog, Locust Shavasana	Read & Respond to <i>The Yamas and Niyamas</i> (p. 12-19)
3/28 Journal due today by midnight	1st limb: Yama	Intermediate Backbends	Camel, Bow, Reclined Hero Pose Shavasana	
4/2	2nd limb: Niyamas	Intermediate Balance	Warrior 3, Dancer Alternate Nostril Breathing Shavasana	Read & Respond to <i>YFHA</i> Blog post: <i>The Third Branch of Yoga: Asana (Being in the Flow)</i>
4/4 Journal due today by midnight	3rd limb: Asana	Intermediate Balance	Extended Big Toe, Half Moon Shavasana	Read & Respond to <i>YFHA</i> Blog post: <i>The Fourth Branch of Yoga: Pranayama (Toning Down Agitation Through Breath Practice)</i>
4/9 Journal due today by midnight	4th limb: Pranayama	Intermediate Forward Bends	Big Toe, Standing Split Breath Retention Shavasana	Read & Respond to <i>YFHA</i> Blog post: <i>The Fifth Branch of Yoga: Pratyahara</i>

4/11 Journal due today by midnight	5th limb: Pratyahara	Intermediate Forward Bends	Pyramid, Seated Forward Bends Brahmari Breath Shavasana	Read & Respond to <i>YFHA</i> Blog post: <i>Samyama: The Trinity of Dharana, Dhyana, Samadhi</i>
4/16 Journal due today by midnight	6th, 7th and 8th limbs: Samyama	Intermediate Twists	Revolved Triangle Shavasana	Read & Respond to <i>Yoga Basics</i> article: <i>The Inward Journey Through the Koshas</i>
4/18 Journal due today by midnight	Koshas	Intermediate Twists	Seated Twists Shavasana	Read & Respond to <i>Yoga Basics</i> blog article: <i>The Three Gunas of Nature</i>
4/23 Journal due today by midnight	Gunas	Lateral Bends	Triangle Variations, Gate, Extended Side Angle Shavasana	Read & Respond to <i>Chakras for Beginners</i> by David Pond
4/25 Journal due today by midnight	Chakras	Lateral Bends	Reverse Warrior, Side Plank, Revolved Head-to-Knee Shavasana	Read & Respond to <i>Yoga Basics</i> blog article: <i>The Cause of Suffering: The Kleshas</i>
4/30 Journal due today by midnight	Kleshas	Inversions	Half Handstand Shavasana	Read & Respond to <i>Living Yoga</i> Essay on Blackboard: <i>Relaxation and Well-Being</i> page 111-113
5/2 Journal due today by midnight	Review for Quiz		Restoratives	Blackboard Quiz due by Saturday, May 12th at Midnight

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 <https://catalog.gmu.edu/policies/honor-code-system/>)
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- 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/>.**