

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

RECR 186 003 – Yoga: Introduction

1 Credit, FALL 2018

T/TR 7:30am - 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.

- 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 e-mail communication will be through GMU e-mail system – 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.

Course Delivery Method: Face-to-face

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 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 n/a

Required Texts: on-line readings and videos on Blackboard

If you are interested in developing a home practice or continuing to practice at a studio, I recommend the following: *Light on Yoga* by B.K.S. Iyengar or *Yoga The Spirit and Practice of Moving into Stillness* by Erich Schiffman

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

Journal

Yoga is a discipline of personal transformation and a journal is a useful tool for self-study. Students will be given on-line readings, videos, and class topics to respond to in a thoughtful, written journal entry of 100 words or more. Three entries are answers/responses to questions written already in the syllabus. The other six are responses to videos/articles posted on Blackboard. For responses on Blackboard postings, write your thoughts about the post.

Each entry is worth 4 points and there is a total of 9 journal assignments.

Practical Exam 1/September 11 – 4 points – two things to work on and two postures for each

Students will explain what two things they are working on and find two postures to address each, coming to a total of 4 different postures or exercises. This is also a journal topic that is due so that the student is prepared for the exam.

Students will be guided through a practice integrating poses learned to date. Students are expected to demonstrate recognition of poses, necessary personal accommodations, and comprehension of safe alignment. Grades will be based on individual progress. No make-ups on exam are offered unless student has a doctor’s note.

Practical Exam 2/October 2 – 4 points – group practice – no preparation needed

Students will be guided through a full practice integrating poses learned to date. Students are expected to demonstrate recognition of poses, necessary personal accommodations, and comprehension of safe alignment. Grades will be based on individual progress. No make-ups on exam are offered unless student has a doctor’s note.

Practical Exam 3/October 11 – 4 points – 10-15 minute individual home practice

Students will share their own 10-15 minute individual home practice in class. Students then will be guided through a short practice integrating poses learned to date. Students are expected to demonstrate recognition of poses, necessary personal accommodations, and comprehension of safe alignment. Grades will be based on individual progress. No make-ups on exam are offered unless student has a doctor's note.

- **Other Requirements**

Class participation and attendance are required. Doctor's note is required for any excused absence. Phone calls, emails, and texts DO NOT excuse an absence. Doctor's notes must be presented immediately upon return to the class or scanned and emailed to the instructor.

- Students have the opportunity to make-up **ONE** class due to absence. Make-up classes must be accompanied by a journal (write up of your experience) to be handed in via e-mail. Students should complete the make-up practice within one week of the class they missed. One option for make-up is to attend my class at Wheelhouse Yoga in Clifton or at PureOm/YogaWorks on University Drive. Please see me for schedule and for a pass to attend.

- Students are required to arrive 5-10 minutes **before** class start time to set up practice space. Class begins practice promptly at 7:30am. It is disruptive and dangerous to join practice late. Arriving to class on time is part of your participation requirement and points will be deducted for tardiness.

- **Grading**

EVALUATION:

This course will be graded on a point system with a possible 100 to be earned as followed:

Class practice: 4 points each class: total of **52 points**

Journal responses – total of 9 Blackboard journals at 4 points each: total **36 points**
Student will be given topics, videos, and articles for response journal topics.

Practical Exams – three class exams at 4 points each: total **12 points**

Exam to cover various poses covered in class

Total: **100 points**

Grading Scale

- **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

Day One/ T/ August 28

Introduction/Guidelines/Etiquette

Q&A

Journal #1 due by noon 8/29 on blackboard: Why am I taking yoga?

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Simple twists (supine, seated)

Day Two/ TH/ August 30

Using props

Protecting the spine

Journal #2 due by noon 9/1 on blackboard: Respond to journal blackboard video/article post.

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Core tall (supine core awareness setpoint)

Simple twists (supine, seated)

Push wall, cobra push-ups, bridge, passive backbend, legs up the wall

Day Three/ T/ September 4

Using props

Protecting the spine

Purpose of relaxation

Journal #3 due by noon 9/4 on blackboard: Respond to journal blackboard video/article post.

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Core tall (supine core awareness setpoint)

Simple twists (supine, seated, standing)
Warrior 2, side angle, temple, wide leg forward fold, Z pose, one leg seated forward fold
Push wall, downward facing dog, cobra push-ups, bridge, passive backbend, legs up the wall

Day Four/TH/ September 6

Using props
Protecting the spine
Purpose of relaxation

Journal #4 due by noon 9/8 on blackboard: What are my two things? Explain. Name two postures each to address your two things. Total at least 4 postures/exercises.

Warm-up/Spine 6 ways (child)
Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)
Lunges (supine, standing)
Cat tilt/Dog tilt (from table, standing, seated)
Core tall – standing cow face w/ strap
Simple twists (supine, seated, standing)
Warrior 2, side angle, temple, wide leg forward fold A, B, & C, Z pose, one leg seated forward fold
Push wall, downward facing dog, cobra push-ups, bridge, passive backbend, legs up the wall

Day Five/ T/ September 11

Practical Exam #1: What are my 2 things? Two postures each. Explain to class.
Group Practice.

Day Six/ TH/ September 13

Using props
Bones, muscles, ligaments, tendons, connective tissue
Purpose of relaxation
Journal #5 due by noon 9/13 on blackboard: Respond to journal blackboard video/article post.

Yin Practice: Dragon, Seal, Twist, Bridge, Cocoon, Waterfall, Owl at wall, Seiza w/ Zazen Breath

Day Seven/T/ September 18

Using props
Protecting the joints
Journal #6 due by noon 9/18 on blackboard: Respond to journal blackboard video/article post.

Warm-up/Spine 6 ways
Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)
Lunges (supine, standing)
Cat tilt/Dog tilt (from table, standing, seated)
Table poses – bird dog, quad stretch, push, lateral bends, gate

Core tall – setpoint, eagle leg flexor, plank
Simple twists (supine, seated, standing)
Warrior 2, side angle, pyramid, warrior 1, temple, wide leg forward fold A, B, & C,
bound angle, squat, Z pose, one leg seated forward fold
Downward facing dog, cobra, locust, sphinx, bridge, reverse table

Day Eight/TH /September 20

Using props
Protecting the joints

Warm-up/Spine 6 ways
Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)
Lunges (supine, standing)
Cat tilt/Dog tilt (from table, standing, seated)
Table poses – bird dog, quad stretch, push, lateral bends, gate
Core tall – setpoint, eagle leg flexor, plank
Simple twists (supine, seated, standing)
Warrior 2, side angle, pyramid, warrior 1, triangle, half-moon, temple, wide leg forward fold A, B,
& C,
bound angle, squat, Z pose, one leg seated forward fold
Downward facing dog, cobra, locust, sphinx, bridge, reverse table

Day Nine/ T/ September 25

What is Vinyasa?
Protecting the joints

Journal #7 due by noon 9/25 on blackboard: Respond to journal blackboard video/article post.

Spine 6 ways
Breath: Ocean Breathing – alternate nostril breathing
Table poses – bird dog, quad stretch, table push, lateral bends, gate
Chaturanga on blocks
Himalayan push-ups
Cobra push-ups
Intro to sun salute A, B, C: downward facing dog, plank, chaturanga, lunges (low aka runner's lunge/high aka crescent warrior), warrior 1, warrior 2, chair

Day Ten/ TH/ September 27

Using props
Bones, muscles, ligaments, tendons, connective tissue
Purpose of relaxation

Yin Practice:
Cat chasing tail, Butterfly, Dragon variation, Puppy, Open Wing, Seiza (with block) w/ Zazen
Breath

Day Eleven/ T/ October 2

Journal #8 due by noon 10/2 on blackboard: Respond to journal blackboard video/article post.

Practical Exam #2

Group practice.

Day Twelve/ TH/ October 4

Vinyasa practice w/yoga nidra

Spine 6 ways

Breath: Ocean Breathing – breath of equal duration

Sun salute A, B, C: downward facing dog, plank, chaturanga, lunges (low aka runner's lunge/high aka crescent warrior), warrior 1, warrior 2, chair

Dancing warrior series

Legs up the wall

Yoga nidra

Day Thirteen/ T/ October 9 No meeting: Columbus Day Holiday

Work on home practice for final. **Journal #9 due by noon 10/9 on blackboard: What is my home practice?** Submit 10-15 minute practice as journal entry #7 by noon 10/9.

Day Fourteen/ TH/ October 11

Practical Exam #3: Ten minute Home Practice demo.

Group practice

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/>).
- 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 silence all sound emitting devices 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://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/> .

