

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

RECR 187 002 – Yoga: Intermediate
1 Credit, SPRING 2019

T/TR 7:30am - 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 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 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: This course is an activity base course

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 “Sun Salutation” (Surya Namaskar);
3. Classify asanas as to their types.
4. Name the 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: 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. Four entries are answers/responses to questions written already in the syllabus. The other four 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 8 journal assignments.

Practical Exam 1/April 4 – 4 points – 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 2/April 18 – 4 points

See instructions for April 18 class. No class meeting that day. Students practice at home with choice of video available on-line (4 points for Practical Exam #2) and respond in the journal (4 points) (100 words at least) to the following: Describe the video you watched. How does it compare/contrast to what we have done in class so far? Is there anything you can use from this practice regularly?

Practical Exam 3/May 2 – 4 points – 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.

Book Review – 8 points total: Book review/ journal entry due 4/25 (4 points) and presentation due 4/30 (4 points)

Written Book Response due is a journal entry responding to the following: How does this book connect to the study of yoga? How does this book connect to your life? Presentation is a short synopsis of the book and what it means to you. Choose from the following:

Karan Bajaj *The Yoga of Max's Discontent*

Stephen Cope *The Great Work of Your Life*

Eknath Easwaran (translator) *The Bhagavad Gita*

Georg Feuerstein *The Lost Teachings of Yoga* (audio)

Viktor Frankl *Man's Search for Meaning*

B.K.S. Iyengar *Light on Life*

Rick Hanson *Buddha's Brain*

Sri Swami Satchidananda (translator) *The Yoga Sutras of Patanjali*

Geshe Michael Roach *The Diamond Cutter*

Geshe Michael Roach *How Yoga Works*

Norman E. Rosenthal, M.D. *Transcendence*

Max Strom *There is No APP for Happiness*

Max Strom *A Life Worth Breathing*

- **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 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 – Student will be given topics, videos, and articles for response journal topics. Total of 8 Blackboard journals (including book review response) at 4 points each: total **32 points**.

Book Review – students choose one book from the list, read it, respond in a journal entry, and share their thoughts in class - **4 points** for verbal report

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/policies-procedures/>

Class Schedule

Day One/ T/ March 19

Overview of course material

Review of Introduction to Yoga

What is Vinyasa?

Journal #1 due by noon 3/20 Topic: What do I plan to learn in this section? Are there any questions about the syllabus, assignments, grading, etc.?

Practice - review surya namaskar (sun salutes) A & B, standing poses, backbends, seated poses
pranayama (ujjayi breath/breath of victory/ocean breathing)

Q&A

Day Two/ TR/ March 21

Journal #2 due by noon 3/21 Topic: What is my book choice and why?

Yoga Sutras

Practice - integrate Introduction to Yoga material - review surya namaskar A & B, introduce surya namaskar C, standing poses, backbends, seated poses.
pranayama (breath of equal duration)

Day Three/ T/ March 26

Introduce yamas (abstinence) and niyamas (observance) (first 2 limbs of the 8 limbs of Yoga)

Journal # 3 due by noon 3/26 Respond to Blackboard on-line video/article.

Practice - Sun salutes A, B, & C, arm variations in standing postures, balancing postures: warrior III & bird

focus: modifications and contraindications
pranayama (360 breath)

Day Four/ TH/ March 28

Journal # 4 due by noon 3/28 Respond to Blackboard on-line video/article.

Practice - Review and practice sun salutes B & C with modifications/contraindications and integrate with surya namaskar A, integrate arm variations with balance postures, eagle pose (garudasana)
pranayama (Durga pranayama – three part breath)

Day Five/ T/ April 2

Introduce asana (posture) and pranayama (breath control) limbs

Yin practice - waterfall (viparitakirani – legs up the wall), shoelace (gomukasana – cow face legs), bridge, seal (bhujangasana – cobra), child
pranayama (bee's breath – bhramari pranayama)

Day Six/ TH/ April 4

Practical Exam 1 - Practice - review of postures and style – 4 points

Day Seven/ T/ April 9

Introduce asana (posture) and pranayama (breath control) limbs

Practice - introduce and break down elements of chandra namaskar (moon salutation) half-seated twist (ardha matsyendrasana)
integration of surya C & chandra namaskar into practice with modifications/ contraindications.
Introduce/practice balancing asanas: vrksasana (tree pose), chair variations
pranayama (Tibetan 9-part breath)

Day Eight/ TH/ April 11

Introduce pratyahara (sense withdrawal) and meditation (dharana – focus/concentration, dhyana – meditation, samadhi – super-conscious state) limbs
Discuss meaning and benefits of chanting “OM”

Journal # 5 due by noon 4/11 Respond to Blackboard on-line video/article.

Practice - Yin yoga: **Practice** - Yin yoga: Dragonfly (wide leg forward fold), cocoon (seated one-leg forward fold), dragon (lunge or hanumanasa – split), twisted root, caterpillar (seated forward fold), savasana/pranayama (longevity breath)
Q & A on all 8 limbs/review

Day Nine/ T/ April 16

Introduction to chakras and Kundalini Yoga
Anatomy: Spinal column

Practice - “The Five Tibetans”
chakra meditation
pranayama (kapulabhati breath/bhastrika breath)

Day Ten/ TH/ April 18

No class meeting today. This at-home assignment is worth a total of 8 points (4 for journal and 4 for exam)

Practical Exam #2 – 4 points

Journal #7 due by noon 4/22 – 4 points

Practice using any of the following YouTube classes and respond in your journal (100 words at least) to the following: Describe the video you watched. How does it compare/contrast to what we have done in class so far? Is there anything you can use from this practice regularly?

You can find these by searching on YouTube. You have several choices:

For a vinyasa, flowy style try Kevan Gale and Betty Riaz “Fluid Yoga.” A direct channel is

<https://www.youtube.com/channel/UCUfsChsl2shnskWDwtjfUUg>

I recommend “Morning Practice with Kevan Gale” and “SPA yoga – heart opening restorative Flow with Betty” Please do NOT practice any that are over 45min long.

For alignment based, strength building practices look for Jamie Elmer Yoga. Her “Beginner Yoga for Every Body” stresses alignment and safety and it’s challenging. Her “Intermediate Yoga” also stresses safety, anatomy, and control. Any of her YouTube videos (even the ten- minute ones!) are useful and acceptable for this assignment.

To explore the breathing practices and ways to use breath and practice to reduce anxiety and increase well-being, check out Max Strom. I will accept any of Max’s TedTalks as a practice or any of his practices. They are all safe, even for a beginner student.

Day Eleven/ T/ April 23

Journal #6 due by noon 4/23 Respond to Blackboard on-line video/article.

Gentle **Practice** with Yoga nidra – deep relaxation/yogic sleep. Yoga Nidra is the conscious awareness of the deep sleep state. This practice of deep relaxation has been found to reduce tension and anxiety. One hour of yoga nidra has been found to have the same effect on the nervous system as 4 hours of sleep.

Day Twelve/ T/ April 25

Journal # 8 Written Book Response due by noon 4/25 This is your response to the book you read. How does this book connect to the study of yoga? How does this book connect to your life?

Practice – Inner/Axis style – “a breathing practice accompanied by postures”
standing poses including triangle and half-moon, temple pose

“thread the eye of the needle”

boat pose

“Z” pose and variations, agnistambasana (double pigeon), Eka Pada Rajakapotasana (one-legged king pigeon), locust (salabasana) variations

savasana/pranayama (ocean breathing, lateral breath, calming the waters)

Day Thirteen/ TH/ April 30

Book reviews – oral presentation to class about the book you read – 4 points

Practice

Day Fourteen/ T/ May 2

Practical Exam #3 – yoga practice – 4 points

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://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/> .

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