

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

RECR 186.009 – Yoga: Introduction  
1 Credit, Fall 2019  
T/R 3:00 pm - 4:15 pm RAC 2002 Fairfax Campus  
8/27-10/10/2019

**Faculty**

Name: Dena Jensen, M.Ed., E-RYT 200  
Office Hours: By Appointment  
Office Location: 2002 RAC  
Email Address: djense@gmu.edu

**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 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.

**Course Delivery Method**

This is an activity-based course.

**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.

TEDx Talks. (2012, October) *Max Strom. There is No App for Happiness* [Video File] Retrieved from <https://www.youtube.com/watch?v=LFjdog-ne9A>

### **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/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 notes must be presented immediately upon return to class or scanned and emailed immediately.

\*\*One letter-grade will be deducted for two unexcused absences.

Students have the opportunity to make up TWO classes due to 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.

- **Journal Writings** (30 points; 6 entries worth 5 points each)

Students will complete journals entries of 100 words or more reflecting on topics in required reading via Blackboard. Responses are due by 3:00 pm (beginning of class) of the next class meeting. Points will be deducted for late assignments.

- **Final Practical Exam** (35 points)

Students will be guided through a group 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

- **Letter Grade Ranges** based on percentage of 135 points

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

### Professional Dispositions

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

### Class Schedule

Day	Topic	Reading/Assignments
Tues 8/27	Introduction to Yoga and props Course content, expectations and Warm-ups	
Thurs 8/29	Poses in the Sun Salutation	Read Essay on Blackboard: <i>Introducing Yoga</i> by Georg Feurstein
Tues 9/3	First Variation of Sun Salutation	<b>Journal Due at 3 p.m. TODAY</b>
Thurs 9/5	Standing Postures	Read Essay on Blackboard: <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald
Tues 9/10	Backbends Second variation of Sun Salutation	<b>Journal Due at 3 p.m. TODAY</b>
Thurs 9/12	Breathing with the Sun Salutation	Read Essays on Blackboard: <i>Posture, Posturing, and Poise</i> by Georg Feurestein <i>Asana: Basic Movement Toward Health</i> by Judith Lasater
Tues 9/17	Third Variation of Sun Salutation	<b>Journal Due at 3 p.m. TODAY</b>
Thurs 9/19	Balance Postures	Read Essay on Blackboard: <i>Balance in Yoga</i> by Donna Farhi
Tues 9/24	Standing Postures	<b>Journal Due at 3 p.m. TODAY</b>
Thurs 9/26	Seated Postures	Read Essay on Blackboard: <i>Working with the Breath</i> by Richard Miller
Tues 10/1	Restorative Yoga	<b>Journal Due at 3 p.m. TODAY</b>
Thurs 10/3	Review Standing Postures	Read Essay on Blackboard: <i>Suffering is Not Enough</i> by Thich Nhat Hanh
Tues 10/8	Practical Review	<b>Journal Due at 3 p.m. TODAY</b>
Thurs 10/10	Practical Exam	All work, extra credit, and make up classes due by 3 p.m. TODAY.

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](mailto: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/> .**