

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

RECR 187 (001 & 002) - Yoga: Intermediate  
1 Credit, FALL 2020  
T/R 9:00AM-10:15AM (001)  
T/R 10:30AM-11:45AM (002)  
October 12, 2021 to November 23, 2021

**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, 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 communication will be through GMU e-mail – 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.
- Students have the opportunity to make-up **ONE** class due to absence. Make-up class must be accompanied by a journal (write up of your experience) to be handed in via Blackboard.

- Please login to Blackboard 5-10 minutes **before** class start time to register your attendance. We will begin practice promptly at 1:30pm.

## Course Delivery Method

- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

## *Expectations*

### Course Week:

- Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.

### Log-in Frequency:

- Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials everyday. In addition, students must log-in for all scheduled online synchronous meetings.

### Participation:

- Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

### Technical Competence:

- Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

### Technical Issues:

- Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

### Workload:

- Please be aware that this course is **not** self-paced. Students are expected to meet specific deadlines and due dates listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

#### Instructor Support:

- Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

#### Netiquette:

- The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

#### Accommodations:

- Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## 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 the "Sun Salutation" (*Surya Namaskar*).
3. Classify *asanas* as to their types.
4. Name 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.

## Recommended Text

Desikachar, T.K.V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International.

## 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**

- **Homework Writing Assignments**

- Students will complete *two* essays reflecting on topics read in required text and reviewed in class discussion. Essays are submitted through Blackboard, and can be reflective in nature (i.e. something new you learned, questions, comments, etc.)

- **Integration Exam 1**

- Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned to date. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress.

- **Integration Exam 2**

- Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned over the entirety of the course. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress.

- **Other Requirements**

- Class participation
  - Students are expected to come prepared for class in appropriate attire and with the appropriate attitude to practice yoga. Absences are excused only with a doctor's note or pre-approved by the instructor. Emails, phone calls, and texts do not excuse absences. Doctor's note must be presented immediately upon return to class or scanned and emailed to the instructor.
- Other Blackboard assignments, attendance, participation

- **Grading**

- Class Participation (50 points)
- Essay 1 (10 points)
- Essay 2 (10 points)
- Integration Exam 1 (15 points)
- Integration Exam 2 (15 points)
- **Total: 100 points**

● **Grading Policies**

A+	= 97 - 100	B+	= 88 - 89	C+	= 78 - 79	D	= 60 - 69
A	= 94 - 96	B	= 84 - 87	C	= 74 - 77	F	= 0 - 59
A-	= 90 - 93	B-	= 80 - 83	C-	= 70 - 73		

**Professional Dispositions**

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

**Class Schedule**

*Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.*

Day	Topic	Reading/Assignments
<b>OCT 12</b>	<ul style="list-style-type: none"> <li>● Overview of course material</li> <li>● Review of Introduction to Yoga</li> <li>● Question/Answer session.</li> <li>● Discuss meaning of "OM"</li> <li>● Savasana/Pranayama</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapters 1, 2, and 3 in Heart of Yoga</li> </ul>
<b>Oct 14</b>	<ul style="list-style-type: none"> <li>● Review, practice, and integrate Introduction to Yoga material:</li> <li>● Surya Namaskar A, standing poses, backbends, seated poses.</li> </ul>	

<b>Oct 19</b>	<ul style="list-style-type: none"> <li>• Break down elements of Surya Namaskar B (Sun Salutation B).</li> <li>• Introduce Yama and Niyama (first 2 limbs of the 8 limbs of Yoga)</li> </ul>	<ul style="list-style-type: none"> <li>• Read Chapters 4, 5, and 6 in Heart of Yoga</li> </ul>
<b>Oct 21</b>	<ul style="list-style-type: none"> <li>• Review and practice Surya Namaskar B with modifications/contraindications and integrate with Surya Namaskar A.</li> </ul>	
<b>Oct 26</b>	<ul style="list-style-type: none"> <li>• Introduce and break down elements of Surya Namaskar C (Sun Salutation C).</li> </ul>	<ul style="list-style-type: none"> <li>• Read Chapters 7 through 10 in Heart of Yoga.</li> </ul>
<b>Oct 28</b>	<ul style="list-style-type: none"> <li>• Introduce 6 remaining limbs of Yoga.</li> </ul>	

<b>Nov 2</b>	<ul style="list-style-type: none"> <li>• Introduce/practice basic balancing asanas: Vrksasana (tree pose), Virabhadrasana 3 (warrior 3)</li> </ul>	<ul style="list-style-type: none"> <li>• Read Chapters 11 through 13 in Heart of Yoga</li> <li>• <b>Essay 1 based on reading assignments and your experience with learning the yoga postures due November 2nd by 8pm on Blackboard</b></li> </ul>
<b>Nov 4</b>	<b>Integration Exam I</b>	<b>Integration Exam I</b>
<b>Nov 9</b>	<ul style="list-style-type: none"> <li>• Introduce Dancing Warrior Namaskars (variations of Sun Salutations).</li> <li>• Continue balancing asanas: Urdhva Prasarita Eka Padasana (standing splits), Ardha Chandrasana (half-moon pose)</li> </ul>	<ul style="list-style-type: none"> <li>• Read Chapters 14 and 15 in Heart of Yoga.</li> </ul>
<b>Nov 11</b>	<ul style="list-style-type: none"> <li>• Practice/integration of Dancing Warrior Hip Opening Namaskar with modifications/contraindications.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Modifications/contraindications for Standing splits &amp; Ardha Chandrasana.</li> </ul>	
<b>Nov 16</b>	<ul style="list-style-type: none"> <li>• Continue Dancing Warrior Namaskars (variations of Sun Salutations).</li> <li>• Introduce Deeper Backbending asanas: Dhanurasana (bow pose), Urdhva Dhanurasana (Full Wheel)</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction of The Yoga Sutras: Read Heart of Yoga Part III The Yoga Sutra of Patanjali Chapter 1—Sutras 1.1 to 1.20</li> </ul>
<b>Nov 18</b>	<ul style="list-style-type: none"> <li>• Integration of deeper backbends with modifications/contraindication</li> <li>• Break down elements of Side Waist Opening Namaskar.</li> <li>• Introduce/practice deeper seated hip opening asanas: Eka Pada Rajakapotasana (pigeon pose), Gomukhasana (cow face pose)</li> </ul>	<ul style="list-style-type: none"> <li>• Read Heart of Yoga: Part III The Yoga Sutra of Patanjali Chapter 2: Sutras 2.1-2.33</li> </ul>
<b>Nov 23</b>	<b>Integration Exam II</b>	<ul style="list-style-type: none"> <li>• <b>Integration Exam II</b></li> <li>• <b>Essay 2 answering questions below due November 23rd by 8pm on Blackboard</b></li> <li>• Reflect and journal on Sutra 1.12 on <b>abhyasa</b> (effort) and <b>vairagya</b> (non-attachment). How might we reconcile these seemingly opposing concepts in daily life or in a personal yoga practice?</li> <li>• Review <b>Pratipaksha Bhavanam</b> (2.33) Unchecked, the rise of negative thoughts reinforces existing negative patterns in the mind,</li> </ul>

		<p>creating similarly negative effects. How does the practice of Pratipaksha Bhavanam change these negative patterns? Can you think of a challenging situation where you could employ the practice of Pratipaksha Bhavanam? Sit for a moment with the situation, and try it? What did you notice?</p>

## 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*

- A. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).



- e. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**