

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

RECR 187 003 – Yoga: Intermediate  
1 Credit, Spring 2023  
M/W 3:00 pm - 4:15 pm RAC 2201  
3/20-5/3

**Faculty**

Name: Dena Jensen, M.Ed., E-RYT 200  
Office Hours: By Appointment  
Office Location:  
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**Prerequisites/Corequisites**

RECR 186 or Permission from 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 are required to have a yoga mat.
- Students should arrive a few minutes early to set up their space.
- 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).
- Comfortable stretch clothing is required. No street clothes may be worn.
- Students with injuries or pre-existing conditions that may affect their participation must inform the instructor.

## Course Delivery Method

This course is activity-based, which meets in person.

## 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

N/A

## Required Texts

None

Readings will be made available online via Blackboard from various sources listed below:

Bir, Singh Khalsa Sat, et al. *The Principles and Practice of Yoga in Health Care*. Pencaitland, East Lothian, UK: Handspring Publishing Limited. 2016. 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-pratyhara.html](http://www.yogaforhealthyaging.blogspot.com/2014/10/the-fifth-branch-of-yoga-pratyhara.html). 15 Oct. 2017

Roa, Ram. “The First Branch of Yoga: The Yamas.” *Yoga For Healthy Aging*, 3 July. 2014. <http://yogaforhealthyaging.blogspot.com/2014/07/the-first-branch-of-yoga-yamas.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 Second Branch of Yoga: The Niyamas.” *Yoga For Healthy Aging*, 15 July. 2014. <http://yogaforhealthyaging.blogspot.com/2014/07/the-second-branch-of-yoga-niyamas-your.html?q=sixth+branch>. 15 Oct. 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

### 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. 5 points will be given each day. 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, and texts do not excuse an absence. Doctor notes must be scanned and emailed immediately.

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

\*\* Students can make up missed classes by doing a recorded class on Blackboard and submitting a make-up journal (one or two sentences) about the experience.

\*\*\* 1 point will be deducted for every 5 minutes late arrival

**Journal Writings (20 points; 5 entries worth 4 points each)** Students will complete journal entries of 100 words or more reflecting on topics read in required reading via Blackboard. Journals are assigned on the first class meeting of the week and due before the next class meeting (by 3 p.m.). Journal entries are submitted through Blackboard and should be reflective in nature. Points will be deducted for late assignments.

**Final Home Practice Essay or Video (10 points)** Students will create a home practice with beginning, middle, and end. It can be submitted either as an essay form or as a video via Blackboard.

Total Points 100

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

Date	Topic	Assignment
Mon 3/20	Overview of Course Content, Warm ups	
Wed 3/22	Timeline & 8 Limbs of Yoga Six Directions of the Spine, Mini Sun Salutation	
Mon 3/27	Forward Bends: Downward Dog, Pyramid Pose	Read and reflect on <i>The Historical Background of Yoga</i> <b>Journal due today by 3 p.m.</b>
Wed 3/29	1st & 2nd Limbs of Yoga Seated Forward Bends Sun Salutation A	
Mon 4/3	Intermediate Backbends: Updog	Read and reflect on YFHA Blog posts: <i>The First Branch of Yoga: The Yamas</i> AND <i>The Second Branch of Yoga: Niyamas</i> <b>Journal due today by 3 p.m.</b>
Wed 4/5	3rd & 4th Limbs of Yoga Adding Updog to Sun Salutation A	
Mon 4/10	Intermediate Twists: Revolved Triangle Pose	Read and reflect on YFHA Blog posts: <i>The Third Branch of Yoga: Asana</i> AND <i>The Fourth Branch of Yoga: Pranayama</i> <b>Journal due today by 3 p.m.</b>
Wed 4/12	5th-8th Limbs of Yoga Chaturanga exploration in Sun Salutation A	
Mon 4/17	Intermediate Balance: Half Moon	Read and reflect on YFHA Blog posts: <i>The Fifth Branch of Yoga: Pratyahara</i> AND <i>Samyama: The Trinity of Dharana, Dhyana, Samadhi</i> <b>Journal due today by 3 p.m.</b>
Wed 4/19	Sun Salutation B	
Mon 4/24	Seated Forward Bends	Read and reflect on: <i>Secrets of Sequencing</i> AND <i>Developing Your Own Yoga Practice</i> <b>Journal due today by 3 p.m.</b>
Wed 4/26	Intermediate Inversions	

Mon 5/1	Intermediate Inversions	
Wed 5/3	Home Practice Review & Restore	<b>Home Practice due by 5 p.m.</b>

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 <https://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 <https://ds.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 VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments> . 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, sexual harassment, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures 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/> .**

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

Remind your students to take advantage of the **TimelyCare** services when they feel stressed or overwhelmed. We’ve included a slide at the link below that you can attach to emails, input in Blackboard, and present to students before and after class.

#### **How can students access **TimelyCare**?**

Students can go to [timelycare.com/gmu](https://timelycare.com/gmu) or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

**Who can use **TimelyCare**?** Any enrolled Mason student.

#### **What services are available?**

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.

- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

**How much does a **TimelyCare** visit cost?**

**TimelyCare** services are available at no cost to students.