

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

RECR 187 003 – Yoga: Intermediate
1 Credit, Fall 2023
M/W 3:00 - 4:15 pm RAC 2201
10/16-12/3

Faculty

Name: Dena Jensen, M.Ed., E-RYT 200
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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:

Feurstein, G., & Bodian, S. (1993). *Living Yoga* (pp. 19-25, 48-57). Penguin Putnam.

Roa, R. (2014, June 25). *Ashtanga Yoga: Following the Eight-Fold Path*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/ashtanga-yoga-following-eight-fold-path/>

Roa, R. (2014, October 29). *The Fifth Branch of Yoga: Pratyhara*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/the-fifth-branch-of-yoga-pratyhara/>

Roa, R. (2014, July 3). *The First Branch of Yoga: The Yamas*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/ashtanga-yoga-following-eight-fold-path/>

Roa, R. (2014, September 15). *The Fourth Branch of Yoga: Pranayama (Toning down Agitation through Breath Practice)*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/the-fourth-branch-of-yoga-pranayama/>

Roa, R. (2014, December 15). *Samyama: The Trinity of Dharana, Dhyana, and Samadhi*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/samyama-trinity-of-dharana-dhyana-and/>

Roa, R. (2014, July 15). *The Second Branch of Yoga: The Niyamas (Your “To Do” List)*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/the-second-branch-of-yoga-niyamas-your/>

Roa, R. (2014, August 13). *The Third Branch of Yoga: Asana (Being in the Flow)*. Yoga for Changing Times. <https://www.yogafortimesofchange.com/the-third-branch-of-yoga-asana-being-in/>

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 (65 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 or attending an in-person class at [Sun & Moon Yoga Studio](#) on Mondays from 6-7:15 p.m., Saturdays 9:45-10:45 a.m., or Saturdays 11 a.m - 12:15 p.m. Students must submit a make-up journal (one or two sentences) about the experience.

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 (15 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
A-	= 90 –93	B	= 84 –87	C	= 74 –77	F	= 0 – 59
		B-	= 80 –83	C-	= 70 –73		

Class Schedule

Date	Topic	Assignment
Mon 10/16	Overview of Course Content, Warm ups	
Wed 10/18	Forward Bends: Big Toe pose, Mini Sun Salute, Downward Dog, Pyramid Pose	
Mon 10/23	Timeline & 8 Limbs of Yoga Sun Salutation A	Read and reflect on <i>The Historical Background of Yoga</i> Journal due today by 3 p.m.
Wed 10/25	Standing Postures and Intermediate Backbends: Updog	
Mon 10/30	1st & 2nd Limbs of Yoga Adding Updog to Sun Salutation A	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> Journal due today by 3 p.m.
Wed 11/1	Standing Postures and Intermediate Twists: Revolved Triangle Pose	
Mon 11/6	3rd & 4th Limbs of Yoga Chaturanga Exploration	Read and reflect on YFHA Blog posts: <i>The Third Branch of Yoga: Asana</i> AND <i>The Fourth Branch of Yoga: Pranayama</i> Journal due today by 3 p.m.
Wed 11/8	Adding Chaturanga to Sun Salutation	
Mon 11/13	5th-8th Limbs of Yoga Sun Salutation B	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> Journal due today by 3 p.m.
Wed 11/15	Intermediate Balance: Half Moon	
Mon 11/20	Intermediate Balance: Warrior 3	Read and reflect on: <i>Secrets of Sequencing</i> AND <i>Developing Your Own Yoga Practice</i> Journal due today by 3 p.m.
Wed 11/22	Thanksgiving NO CLASS	

Mon 11/27	Intermediate Inversions	
Wed 11/29	Home Practice Review & Restore	Home Practice due by 5 p.m.

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 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- 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.

- 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 <http://cehd.gmu.edu/>

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).

How can students access **TimelyCare?**

Students can go to 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.