

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

RECR 187 DL2 – Yoga: Intermediate
1 Credit, SPRING 2024
March 12 - April 25
T/TR 7:30pm - 8:45pm
ONLINE

Faculty

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Office Hours: By Appointment
Office Location: Zoom
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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.
- Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 7:30. It is not safe to join practice late. Arriving to class on time and having a computer with a camera is part of your participation requirement.

Students are required to have a working camera that is turned at all times unless directed by the instructor.

Course Delivery Method

This course will be delivered online (76% or more) using a synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on 16 Jan. 9 am

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- 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: [Add or delete options, as desire.]
 - 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/

Expectations

- Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes. This class is Tuesday/Thursday 7:30 -8:45.
- 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 at least 2 times per week. 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. Camera access is considered part of your participation.
- 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 “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: none

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**

Journal/Practice

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. These are found on Blackboard under Tools/Journals and Course Content. Please respond via the journal links on Blackboard. **Journals worth 5 points.**

Journal ONE 3/12 Read and respond to article “What Works For You”

Journal Seven 3/14 Max Strom Inner Axis Practice for those who did not take 186 from me

Journal TWO 3/14 Simon Borg-Olivier The Most Important Yoga Journal J#2

Journal THREE 3/21 “What is Hot Yoga” article J#3

Journal FOUR 3/28 Practice: Free Yoga w/Athina Squeeze It Out

Journal FIVE 4/4 Gratitude Meditation w/ T. Stanley AND Gratitude Rewires Your Brain AND TedX Gratitude

Journal SIX 4/11 Michelle Johnson There is No Neutral TedX plus 3 days in a row metta meditation
Final Exam – 10 points – written test found under Course Content due April 25

ALL WRITTEN WORK MUST BE IN BY APRIL 25 AT NOON

- **Participation**

Class participation and attendance are required. **Live Zoom classes Tues/Thurs 7:30-8:45.**

Doctor's note is required for any excused absence. Phone calls, emails, and texts DO NOT excuse an absence. You will have one absence that is excused. Any more require a doctor note.

Students are required to arrive 5-10 minutes **before** class start time to set up practice space. Be prepared to begin practice at class start time. It is disruptive and dangerous to join practice late. Arriving to class on time is part of your participation requirement and one point per 15 minutes late will be deducted for tardiness. **You must keep your camera on during class to receive participation points.** Each zoom class is worth 6 points.

- **Grading**

This course will be graded on a point system with a possible 100 to be earned as followed:

Class practice: 6 points each class: total of **60 points**

Journal responses: 5 points each: total **25 points**

Final Exam is worth total **15 points**

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

Live zoom 3/12

1. Basics/Review: “the most important yoga”

Supplies: yoga mat, strap, 2 blocks, blanket folded neatly at least as wide as short edge of mat, maybe a second blanket or beach towel ready, pillow or bolster

Postures in this practice: constructive rest, Warm-up/Supine - knee to chest, simple twist, happy baby, Lunge (supine), figure 4, child w/lateral hold, table top Cat tilt/Dog tilt, down dog flow, Mini sun-salutes w/suspension bridge and cat/dog tilts, wide-leg forward fold,

suryanamaskar A, malasana squat, **bhujangasana** cobra, child, squat, seated forward fold, legs up the wall **viparita karani**, passive backbend, rest **savasana**

Breathing Practices: painted breath, ocean breathing, lat hold breath, **sama vritti/ujjayi**

Concepts highlighted: warm-up, cat tilt, dog tilt, somatic awareness, importance of rest, Patanjali and the Yoga Sutras, 8 limbs of yoga, "The Most Important Yoga"

Challenge: practice the warm-up part of this practice every day and notice how you feel

3/14 - journal #2 due plus Max Strom Inner Axis (those who did not take 186 need to respond in Journal link)

Live zoom 3/19

2. Fluid vinyasa (slow flow/gentle): santosha

Supplies: yoga mat, strap, 2 blocks, blanket folded neatly at least as wide as short edge of mat, maybe a second blanket or beach towel ready, pillow or bolster

Postures: constructive rest, warm-up, table w/ variations, child, lateral stretch,

SuryaNamaskarB SunSalute B w/ **sphinx, salabhasana** locust, eagle arms, Tree pose, squat **malasana**, eagle legs supine twist

Breathing practices: pratiloma, psychic pratiloma w/ finger count

Concepts highlighted: autonomic nervous system/sympathetic/parasympathetic, benefits of breathing practice, breath for focus; svadhyaya - self-study

Challenge: practice psychic pratiloma for 5 minutes every day and notice how you feel

Live zoom 3/21

3. Baptist power yoga/tapas and drishti: your breath is your voice

Supplies: yoga mat, strap, 2 blocks, blanket folded neatly at least as wide as short edge of mat, maybe a second blanket or beach towel ready, pillow or bolster

Postures: child, sun salute, sun salute A & C w/ 3-leg dog, high lunge w/eagle arms, warrior 2, side angle stretch, pyramid, revolved, tree, bird (warrior 3), **garudasana** eagle, **naranjasana** sage twist pose, staff, pigeon pose (Z pose), bridge, twist, viparita karani, rest.

Breathing practices: breath of equal duration **sama vritti/ ujjayi** breath, prana dharana

Concepts highlighted: what is power yoga Baptise style? Five Pillars and three truths.

Challenge: Stand in tree pose and shift your gaze to various places. What happens?

Live zoom 3/26

4. Fluid vinyasa: 5 elements You Are Made of the Elements Around You

Supplies: yoga mat, strap, 2 blocks, blanket folded neatly at least as wide as short edge of mat, maybe a second blanket or beach towel ready, pillow or bolster

Postures: Seated: seiza Spine 6 ways, Sun A, Mini-sun salutes, Sun B w/ chair twist; 3 leg dog abdominal curls - high lunge w/ eagle arms – revolved twist; warrior 2 - **trikonasana** triangle - ½ moon **ardha chandrasana** - revolved triangle; **salabhasana** locust and variations; sphinx w/ quad stretch, Child, Forward fold, Rest savasana

Breathing practices: painted breath w/ ujjayi 4:7:8 and so hum, Bringing Down the Flame fire element breath, lateral bend breath hold, circular breath

Concepts highlighted: breath initiated movement, 5 elements, Buddhist elements in yoga

Challenge: create a SunB vignette and practice it daily; notice any changes

3/28 - journal #4 practice with Athina: Squeeze it Out

Live zoom 4/2

5. 26/2

Supplies: what you want, but this sequence (Bikram) discourages the use of props

Postures: Bikram 26/2 sequence

Breathing practices: cosmic orbit breath, kapalabhati

Concepts highlighted: satya, ahimsa, yoga scandals, nervous system

Challenge: pay attention to what you say and count the half-truths, white lies, exaggerations, etc.

4/4 Journal FIVE Gratitude Meditation w/ T. Stanley AND Gratitude Rewires Your Brain AND TedX Gratitude

Live zoom 4/9

6. vin/yin: The Energetic Body: “Yoga is not about tying yourself into a pretzel; it’s about loosening and untying the body’s knots.”

Supplies: yoga mat, strap, 2 blocks, blanket folded neatly at least as wide as short edge of mat, maybe a second blanket or beach towel ready, pillow or bolster

Postures in this practice: Constructive Rest: Twisted Root yin style, Half-Hero yin style, Seiza; Table-top vinyasa: twist, cat/dog, ½ bird dog bow, bird dog ab crunches; puppy, hip rock, Sun A - stand - jaw release - chakra clear - shake; Legs up the wall viparita kirani

Rest savasana

Breathing Practices: painted breath - shape to **4/7 breath/ujjayi**, cortisol Breath, Gift Breath Lateral hold breath

Concepts highlighted: vagus nerve and ANS review w/freeze focus, the body is energy; Liz Koch; psoas

Challenge: practice chakra clear and hold w/legs up wall daily

4/11 Journal SIX Michelle Johnson There is No Neutral TedX J#FE plus three days in a row of metta meditation practice

Live zoom 4/16

7. Yin: Extremities

Supplies: yoga mat, strap, 2 blocks, rolled blanket folded neatly, maybe a second blanket or beach towel ready, pillow or bolster, damp wash cloth or wipes for hands after touching feet

Postures: seiza, stacked logs, bridge, butterfly, waterfall ***viparita kirani***

Breathing postures: EMYoga breath, Raised Circular Breath (box breath)

Concepts highlighted: fascia and connective tissue, meridians

Challenge: clear hand and foot gates daily

Live zoom 4/18

8. Yoga Nidra: waves of OM

Supplies: yoga mat, strap, 2 blocks, blanket folded neatly at least as wide as short edge of mat, maybe a second blanket or beach towel ready, pillow or bolster, lots of comfy props

Postures: warm-up w/twists, table top, child w/ lat hold, ***Viparita kirani***, rest

Breathing practices: lateral hold

Concepts highlighted: What is yoga Nidra? NSDR studies; Tracee Stanley breathing practice/book

Live zoom 4/23

9. EMYoga: Stuck Energy Causes Discomfort, Pain, Dis-ease, Illness

Supplies: yoga mat, strap, 2 blocks, rolled blanket folded neatly, maybe a second blanket or beach towel ready, pillow or bolster

Postures: EMYoga: Wake-up, Celtic Weave, Connect Heaven and Earth, Schoolyard Hook-up Wayne Cooke standing, Squat w/twist, Seated Wayne Cooke

Table w/cat/dog tilts, Puppy, Sphinx w/ quad stretch, **Salabhasana** locust crossover

Suspension Bridge w/cat/dog, Goddess, Low lunge **anahatasana** - twist - lizard

Breathing practices: Cosmic Orbit, Crocodile Breath/transition; Human Touching Divine Metal Breath

Concepts highlighted: meridians, lineage of EMYoga; cross patterns/Metal element;
Challenge: practice the wake-up and Wayne Cook daily

4/25 final exam all written work due by noon

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 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.

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

TimelyCare.com

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.

