

North Central

MICHIGAN COLLEGE

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NCMC MASTER COURSE SYLLABUS

Last Date Revised: 10/6/06

DIVISION/AREA: Health and Human Services

DEPARTMENT: PE

ASSOCIATE DEAN: Robert Marsh, Ph.D.

ORIGINATOR: Marti Kneips

DEAN OF INSTRUCTION: Timothy Dykstra, Ph.D.

TOTAL HOURS OF INSTRUCTION: LECTURE:0 LAB:3

TOTAL CONTACT HOURS: 52.80

COURSE NUMBER: PE 112

CREDIT HOURS: .5

COURSE TITLE: Beginning Yoga

TRANSFERABLE YES NO TO:

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY:None

CATALOG DESCRIPTION: Basic yoga instruction including breathing patterns, yoga warm-ups and postures, and relaxation techniques. The class combines different styles of classical yoga, with an emphasis on Kripalu Yoga. Over the last 2,000-3,000 years yoga has evolved as life science of physical, mental, emotional and spiritual health. Some yoga history and philosophy of yoga will be included.

GENERAL EDUCATION OUTCOMES: N/A

COURSE OBJECTIVES & OUTCOMES: The objective of yoga is to be comfortable in our bodies. To develop flexibility, strength, balance, and inner awareness, and to become more conscious of how we choose to breath, move, think and hold our posture.

1. Students will demonstrate proper alignment of 26 postures, 4 different breath techniques, a sequencing flow of postures.
- 2 Students will demonstrate understanding of basic anatomy as it relates to yoga postures.
3. At the end of the 16 weeks students will be able to design home practices that most serve individual needs

METHODS OF INSTRUCTION: Demonstration and practice.

METHODS OF EVALUATION: Return demonstration of postures and flow of postures

REQUIRED TEXTS: None

OPTIONAL SUPPLEMENTARY MATERIALS: Yoga mat, belt, towel, blankets, eye pads.

Reasonable accommodations can be provided to students with documented disabilities. Please contact Learning Support Services at 348-6817 to arrange these.

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TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

Week 1

Creating safety & self-awareness, importance of warm-ups.
What is Yoga? Sanskrit? Various Traditions.
Mountain (Tadasana), Half Moon (Ardha Chandrasana)
Sphinx, Cobra (Bhujangasana), Child (Garbasana)
Warrior I (Virabhadrasana I) Staff (Dandasana)
Relaxation (Savasana)

Week 2

Noticing bodily sensations. Connect to the breath.
Dirgha (Complete Breath), Standing Squat (Utkatasana)
Review Mountain, Half Moon, Cobra, Child & Staff
Posterior Stretch/forward bend (Pashchimottanasana).
Relaxation (Contract and release)

Week 3

Hara (Kanda), abdominals – Morning vs. evening yoga/energizing vs. calming yoga.
Warrior II (Virabhadrasana)
Boat (Navasana), face down, Locust (Shalabhasana)
Review Mountain, Half Moon, Standing Squat, Warrior I

Week 4

Breath awareness/ Centering/Awareness/Being Present Ujjayi (Sounding Breathe)
Seated Spinal Twist (Matsyendrasana)
Bound Angle (Baddha Konasana), Upward Boat
Review: Mountain, Warrior I & II, Boat

Week 5

What is prana? (Chakras, nadis, acupuncture meridians, chi).
Symbol of Yoga (Yoga Mudra), kneeling and standing
Downward Dog (Adho Mukha Shvanasana)
Review: Half Moon, Cobra, Child
Bound Angle, Boat, Seated Spinal Twist,

Week 6

Handout: anatomy of shoulders
Shoulder series: Thread the needle, Cow face, Upward arms, Eagle (Garudasana)
Fish (Matsyasana)
Review: Symbol of Yoga, Warrior I & II, Standing Squat, Downward Dog
Dirgha Breath

Week 7

Centering/ Inversions/ Seeing things from a new perspective. Yoga Sutras.
Triangle (Trikonasana)
Bridge (Setu Bandhasana), Half Shoulderstand (Ardha Sarvangasana)
Review: Seated Spinal Twist, Symbol of Yoga, Bound Angle, Boat, Child, Fish.

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Week 8

Handout: posture flow sheet

Building a home practice. Discuss benefits, contraindications. Review quiz.

Ujjayi Breath & Dirgha breath.

Review: Seated Spinal Twist, Bound Angle, Boat Series with Locust, Mountain, Half Moon, Squat, Warrior I & II, Symbol of Yoga, Triangle, Eagle, Downward Dog, Cobra, Fish, Child, Staff, Forward Bend, Bridge, Half Shoulderstand, Relaxation.

Week 9

Centering with Ujjayi

Discussion on meditation

Home practice, Work in pairs

Review all postures and Breath techniques

Week 10

Balance and concentration, Alternate nostril breath (Nadi Shodhana)

Tree (Vrikshasana), Dancer (Natarajasana), Eagle, Pigeon (Kapotasana)

Knee-down Twist, lying down (Supta Matsyendrasana)

Review: Mountain, Half Moon, Warrior I & II, Cobra, Standing Squat, Upward Boat Dirgha Breath.

Thursday: Handouts: anatomy of hips & postures for hips.

Week 11

Ujjayi Breath – Awareness of breath & energy. Energizing postures.

Kapalabhati Breath (Skull Shining) Camel (Ushtrasana)

Review flow

Thursday: Sun Salutation

Week 12

Hara/Breath of Joy

Review: Sun Salutation, Camel, Symbol of yoga

Cobra, Bridge, Bound Angle, Seated Spinal Twist

Kapalabhati, Dirgha Breaths

Week 13

Acceptance of what is/Ujjayi Breath/

Namaste'

Yoga Sutras.

In Groups discuss a flow that works for you.

Week 14

Ujjayi/Will and surrender/What does my body tell me?

Great Seal (Maha Mudra) Quiz.

Kapalabhati, Dirgha Breath, Ujjayi Breath

Create your favorite posture flow.

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Week 15

Review postures.

What will be your practice? What has yoga taught you?

Dirgha, Nadi Shodhana, Ujjayi Breath techniques.

Week 16

Ujjayi, Dirgha, Nadi Shodhana, Kapalabhati

Review basic Kripalu flow:

Tuesday: Quieting flow.

Thursday: Energizing flow.

Gratitude.

Breathe, Feel, Relax, Watch, Allow.

APPROVED FOR ADOPTION BY THE CRD/AP COMMITTEE ON