

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:

COURSE NUMBER: PE 114

CREDIT HOURS: 1.5

COURSE TITLE: Yoga II

TRANSFERABLE YES NO TO:

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY: PE 112 or equivalent.

CATALOG DESCRIPTION: Yoga II will review the basic postures and breath techniques learned in Beginning Yoga, PE 112 with a greater emphasis on various meditation styles and breath techniques, as well as new postures. Yogic philosophy and various styles of yoga will be explored (Anusara, Integral, Iyengar, Kripalu, Kundalini, Phoenix Rising Yoga Therapy). Yoga II provides a broader scope of this ancient Indian art of health and well-being.

GENERAL EDUCATION OUTCOMES: N/A

COURSE OBJECTIVES & OUTCOMES: The objective of this class is to explore yoga at a deeper level. Students will:

1. Learn to hold the postures.
2. Fine tune physical alignment in the posture.
3. Learn how to use yoga for common ailments.
4. Study the yogic philosophies such as the yama and niyamas (moral codes) to gain greater insight into new possibilities of harmonious living.
5. Meditate to gain inner peace.
6. Identify Ayurveda principals of body/mind types and apply to individual needs.
7. Use restorative yoga as a means of renewal physically and mentally.

METHODS OF INSTRUCTION: Lecture, demonstration, practice

METHODS OF EVALUATION: Return demonstration of postures and sequencing of flow. In class written assignments.

REQUIRED TEXTS: Yoga Life, 10 Steps to Freedom by Johanna (Mahishvari) Mosca, Ph.D.

OPTIONAL SUPPLEMENTARY MATERIALS: Blanket, eye pads, yoga belt.

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 and relaxation.
Why do Yoga? Various traditions and their contributions.
Mountain, Half Moon, Sphinx, Cobra, Child, Camel,
Warrior I & II, Staff, Forward Bend, Relaxation

Week 2

Noticing bodily sensations. Connect to the breath. Awareness & Intention.
Aggressive, Passive, Assertive. What is our intention? Where is our Attention?
Dirgha (Complete Breath), Hara (Kanda)
Mountain, Standing Squat, Half Moon, Triangle, Warrior I, Eagle, Cow Face, Cobra, Child, Boat,
Bow, Bridge, Posterior Stretch/forward bend, Relaxation (Contract and release)

Week 3

Morning vs. evening yoga/energizing vs. calming yoga and pranayama. Hara & Ujjayi Breath.
Discussion of meditation and its benefits.
Seated Spinal Twist, Locust, Cobra, Mountain, Half Moon, Standing Squat, Warrior II & I,
Downward Dog, Child, Corpse Pose. Seated chair meditation.

Week 4

Breath awareness/ Centering/Awareness/Being Present Ujjayi (Sounding Breathe)
Yama & Niyamas. "Yoga Life – 10 Steps to Freedom".
Seated Spinal Twist, Bound Angle, Upward Boat, Mountain, Triangle, Downward Boat,
Downward Dog, Child, Bridge, Half Shoulder Stand. Relaxation.
Discussion on Yamas. Chair meditation.

Week 5

Inversions/ Seeing things from a new perspective.
Yamas...Restraints: Ahimsa (Non-harming, non-violence). Meditation.
Foreward Bends, Chair Supported Shoulder Stand. Relaxation.

Week 6

Yama: Satya (Truthfulness) Bending Backwards.
Camel, Fish, Symbol of Yoga, Warrior I, Pigeon, Downward Dog, Child, Cobra, Curl Nose to
Knee, Lying down Spinal Twist. Relaxation.
Dirgha Breath and seated meditation.

Week 7

Yama: Asteya (Non-Stealing)
Heart Opening Postures.
Meditation.

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Week 8

Yama: Brahmacharya (Moderation)

Ujjayi Breath & Dirgha breath Nadi Shodhana

Balance Postures: Half Moon, Tree, Dancer, Warrior I, Table Balance (kneeling and standing) Eagle, Seated Spinal Twist.

Relaxation. Seated Meditation.

Week 9

Yama: Aparigraha (Non-Attachment)

How are we progressing in our Yoga?

Ayurveda Quiz & how to use the information.

Brief posture flow and meditation.

Week 11

Niyamas... Observances: Saucha (Purity)

Forward Bends. Calming postures.

Ayurveda Applications.

Week 12

Niyama: Santosha (Contentment)

How is yoga bringing me contentment?

Create a posture flow.

Week 13

Niyama: Tapas... (Discipline)

Sun Salutation. Also, holding postures longer.

Notice what comes up.

Phoenix Rising Yoga Therapy

Week 14

Niyama: Svadhyaya... Self Study.

Review Breath Techniques

Twists and Forward Bends

Meditation

Week 15

Niyama: Ishvara-Pranidhana (Surrender)

Restorative Postures

Meditation

Week 16

Living Our Yoga

General Flow from different traditions.

Conclusions

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