

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**School of Recreation, Health, and Tourism**

RECR 186-007 – Yoga: Introduction (1)  
Fall 2016 T/R 7:30-8:45 8/29-10/16  
Location: RAC 2201

**Faculty:**

Name: Stephanie Bolger, RYT 200

Office Hours: By Appointment

Office Location: RAC 2201

Email: [sbolger@gmu.edu](mailto:sbolger@gmu.edu)

**Prerequisites:** None

**Course Description:**

Introduces students to the practice of Hatha yoga. Class emphasis will be on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

**Course Overview:** Readings, lectures, demonstrations and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

**Course Delivery Method:** Lecture/Lab

**Learning Objectives:**

At the conclusion of this course, students should be able to:

1. Demonstrate at least 20 asanas, including proper alignment, with a strong emphasis on safe practice. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
2. Identify the poses and demonstrate proficiency in “Sun Salutation” (Surya Namaskar); a Vinyasa or steady flow of 12 classic postures linked with breath work in a continuous movement.
3. Name the benefits and contra-indications of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of three types of pranayama.
6. Demonstrate techniques of basic relaxation.

**Required Text:**

Desikachar, T.K.V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International.

**Evaluation:**

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

**Integration Practice 1 – 10**

Integrated Practice. Students will be guided through a full Vinyasa practice with minimal instruction integrating what we have learned up to this point. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grade will be based on each student’s individual progress. Students will reflect in a journal about their experience, and is

at the discretion of the student as to what form (ex: paragraph, poem, drawing, etc.). Reflection journal is to be handed in via Black Board or in person on our next scheduled class date.

### Integration Practice 2 – 10

Integrated Practice. Students will be guided through a comprehensive Vinyasa practice with minimal instruction integrating everything learned throughout the course. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment as well as proper breathing. Some new material will be introduced as a way for students to demonstrate their understanding of maintaining a sense of presence in their practice. Students will reflect in a journal about their experience. This can come in any form which inspires the student such as paragraphs, poem, drawing, etc. Reflection journal is to be handed in via Black Board or in person on our next scheduled class date.

Homework writing (journal) assignments- 20

Participation – 60

**Lab Exercises – Daily attendance is required.** Absences and late arrivals are disruptive. Absences make it difficult to proceed with the presentation of this class due to the amount of physical practice required to develop the poses.

**Assignments-** Videos, readings, and journals will be assigned. Students are expected to come to class prepared for discussion. When journals are assigned, they are due by the next class meeting. Journals can be submitted via Blackboard, e-mail, or in person, and should be reflective in nature (i.e. something new you learned, questions or comments that came up through your reading, etc.).

### Grading Scale

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	

### Course Information:

- 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 communication will be through GMU e-mail – 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.
- Students have the opportunity to make-up **TWO** classes due to absence. Make-up classes must be accompanied by a journal (write up of your experience) to be handed in via Black Board, e-mail, or in personal. Students should complete the make-up practice within one

week of the class they missed.

Options for make-up classes include:

- Community class at Zion Yoga Studio located less than 5 minutes from campus at 10700 Zion Drive Fairfax, VA 22032; [www.zionyogastudio.com](http://www.zionyogastudio.com) . Make-up classes are **free of charge** at Zion Yoga. If you choose to come to community class to further your practice, a student rate is offered at \$10/class.

- Online practice on YouTube:

<http://www.youtube.com/channel/UCBJEt3AtqC9-o3D9BrqvxPA> . There are free, full-length classes available.

•Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 3:00pm. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.

**Professional Dispositions** Students are expected to exhibit professional behaviors and dispositions at all times.

### **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 University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://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 <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists

of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>). Template Revision Date: August 2016 3

- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

### Tentative course schedule

#### **TENTATIVE COURSE SCHEDULE**

<b><u>Day</u></b>	<b><u>Topic</u></b>	<b><u>Reading/Assignments</u></b>
<b><u>1</u></b>	<u>Introduction to Yoga, aids, clothing &amp; mats.</u> <u>Warm-ups.</u> <u>Get familiar with Course Content.</u>	<u>Pages 5-13 in Heart of Yoga. Safe practice.</u>
<b><u>2</u></b>	<u>Discuss and practice basic breath rhythm</u> <u>Elements of Surya Namaskar A (Sun Salutation A).</u> <u>Discuss and practice Savasana (Relaxation)</u>	<u>Pages 17-23 in Heart of Yoga.</u> <b><u>Journal Due</u></b>
<b><u>3</u></b>	<u>Review Surya Namaskar:</u> <u>modifications/contraindications</u> <u>Five movements of Prana - Universal Life Force</u> <u>Energy.</u> <u>Review Savasana</u>	<u>Page 57 (Forms of Prana).</u> <b><u>Journal Due</u></b>
<b><u>4</u></b>	<u>Discuss Ujjayi pranayama technique</u> <u>Link movement with breath in Surya A.</u> <u>Savasana</u>	<u>Page 60 (Ujjayi Pranayama).</u> <b><u>Journal Due</u></b>
<b><u>5</u></b>	<u>Discussion &amp; alignment of basic standing asanas:</u> <u>Tadasana (mountain pose)</u> <u>Virabhadrasana 1 (Warrior 1)</u> <u>Savasana</u>	<u>Pages 45-51 in Heart of Yoga.</u> <b><u>Journal Due</u></b>

<u>6</u>	<u>Continue standing asanas</u> <u>Discuss, modifications (props)/contraindications.</u> <u>Virabhadrasana 2 (Warrior 2).</u> <u>Parsvakonasana (Side Angle Pose) Savasana</u>	<u>Pages 25-44 in Heart of Yoga</u> <b><u>Journal Due</u></b>
<u>7</u>	<u>Integrating standing asanas into practice</u>  <u>Prasarita Padottanasana(Standing Wide-legged</u> <u>Forward Fold with Variations) Savasana</u>	<u>Pages 25-44 in Heart of Yoga.</u> <u>Utthita Trikonasana (Triangle)</u> <b><u>Journal Due</u></b>
<u>8</u>	<b><u>Class will not meet today</u></b>  <u>Integration Practice 1. (Choose a YouTube</u> <u>class from my channel to practice on your own.</u> <u>It needs to be a full-length class)</u>	<b><u>Journal Due on Blackboard</u></b> <b><u>only</u></b>
<u>9</u>	<u>Continue standing asanas</u> <u>Trikonasana (Triangle Pose)</u> <u>Parsvottonasana (Pyramind Pose)</u>	
<u>10</u>	<u>Discuss/begin backbending asanas:</u> <u>Salambasana (Locust)</u> <u>Setu Bandha Sarvangasana (Bridge Pose)</u> <u>Anjaneyasana (Crescent Moon)</u>	
<u>11</u>	<u>Review backbending with</u> <u>modifications/contraindications.</u> <u>Integrating backbending into our practice. Savasana</u>	<u>Pages 53-61 (through Nadi</u> <u>Sodhana)</u> <b><u>Journal Due</u></b>
<u>12</u>	<u>Cumulative Review/Practice</u> <u>Prepare for Integration Practice 2</u>	
<u>13</u>	<b><u>Class will not meet today</u></b>  <b><u>Integration Practice 2 (Choose a YouTube</u></b> <b><u>class from my channel to practice on your</u></b> <b><u>own. It needs to be a full-length class)</u></b>	<b><u>Journal Due on Blackboard</u></b> <b><u>only</u></b>

*Note: Faculty reserves the right to alter the schedule as necessary.*