

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

RECR 186 003 – Yoga: Introduction

1 Credit, SPRING 2020

T/TR 7:30am - 8:45am / RAC 2201 – Fairfax Campus

1/21-3/14

**Faculty**

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**Prerequisites/Corequisites - none**

**University Catalog 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.

- 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.
- Students are requested to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.

**Course Delivery Method:**

This is an activity-based class

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

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.

**Professional Standards** n/a

**Required Texts: None**

**On-line readings and videos on Blackboard**

If you are interested in developing a home practice or continuing to practice at a studio, I recommend the following: *Light on Yoga* by B.K.S. Iyengar or *Yoga The Spirit and Practice of Moving into Stillness* by Erich Schiffman

**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**

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 Journals. Please respond via Blackboard.

**Practical Exam #1– 4 points – group practice – no preparation needed**

Students will be guided through a practice integrating poses learned to date. Students are expected to demonstrate recognition of poses, necessary personal accommodations, and comprehension of safe alignment. No make-ups on exam are offered unless student has a doctor’s note.

**Practical Exam #2– 4 points – group practice – no preparation needed**

Students will be guided through a full practice integrating poses learned to date. Students are expected to demonstrate recognition of poses, necessary personal accommodations, and comprehension of safe alignment. No make-ups on exam are offered unless student has a doctor’s note.

**Practical Exam #3– 4 points – group practice**

Students will be guided through a full practice integrating poses learned to date. Students are expected to demonstrate recognition of poses, necessary personal accommodations, and comprehension of safe alignment. No make-ups on exam are offered unless student has a doctor’s note.

- **Other Requirements**

Class participation and attendance are required. Doctor's note is required for any excused absence. Phone calls, emails, and texts DO NOT excuse an absence. Doctor's notes must be presented immediately upon return to the class or scanned and emailed to the instructor.

- Students are required to arrive 5-10 minutes **before** class start time to set up practice space. Class begins practice promptly at 7:30am. It is disruptive and dangerous to join practice late. Arriving to class on time is part of your participation requirement and points will be deducted for tardiness.

- **Grading**

EVALUATION:

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

Class practice: 5 points each class: total of **70 points**

Journal responses – total of 3 Blackboard journals at 6 points each: total **18 points**

Student will be given topics, videos, and articles for response journal topics.

Practical Exams – three practical exams at 4 points each: total **12 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

#### Day One/ T/ 1/21

Introduction/Guidelines/Etiquette

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Simple twists (supine, seated)

### **Day Two/ TH/ 1/23**

Using props  
Protecting the spine  
Om/vagus nerve

**Journal #1 on blackboard: Respond to journal blackboard video/article post.**

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend)  
Lunges (supine, standing)  
Cat tilt/Dog tilt (from table, standing, seated)  
Core tall (supine core awareness setpoint)  
Simple twists (supine, seated)  
Shoulder openers Iyengar/wide leg

### **Day Three/ T/ 1/28**

Using props  
Protecting the spine  
Purpose of relaxation – 5 senses exercise

**Journal #2 on blackboard: Respond to journal blackboard video/article post.**

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)  
Lunges (supine, standing)  
Cat tilt/Dog tilt (from table, standing, seated)  
Core tall (supine core awareness setpoint)  
Simple twists (supine, seated, standing)  
Reverse table  
Push wall, downward facing dog, cobra push-ups, bridge, passive backbend, legs up the wall

### **Day Four/TH/ 1/30**

Using props  
Protecting the spine  
Purpose of relaxation

Warm-up/Spine 6 ways (child)  
Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)  
Lunges (supine, standing)  
Cat tilt/Dog tilt (from table, standing, seated)  
Downward facing dog  
Core tall – standing cow face w/ strap  
Simple twists (supine, seated, standing)  
Warrior 2, side angle, temple, wide leg forward fold A, B, & C, Z pose, one leg seated forward fold

### **Day Five/ T/ 2/4**

Practical Exam #1

Group Practice.

### **Day Six/ TH/ 2/6**

Using props

Protecting the joints

**Journal #3 on blackboard: Respond to journal blackboard video/article post.**

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Table poses – bird dog, quad stretch, push, lateral bends, gate

Core tall – setpoint, eagle leg flexor, plank

Simple twists (supine, seated, standing)

Warrior 2, side angle, pyramid, warrior 1, temple, wide leg forward fold A, B, & C,

bound angle, squat, Z pose, one leg seated forward fold

Downward facing dog, cobra, locust, sphinx, bridge, reverse table

### **Day Seven/T/ 2/11**

Using props

Bones, muscles, ligaments, tendons, connective tissue

Purpose of relaxation

Yin Practice: Dragon, Seal, Twist, Dragonfly, Bridge, 4 at wall, Waterfall, Owl at wall, Seiza w/ Zazen

Using props

Protecting the joints

**Journal #3 due 9/17 on blackboard: Respond to journal blackboard video/article post.**

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Table poses – bird dog, quad stretch, push, lateral bends, gate

Core tall – setpoint, eagle leg flexor, plank

Simple twists (supine, seated, standing)

Warrior 2, side angle, pyramid, warrior 1, temple, wide leg forward fold A, B, & C,

bound angle, squat, Z pose, one leg seated forward fold

Downward facing dog, cobra, locust, sphinx, bridge, reverse table

### **Day Eight/TH /2/13**

Using props  
Protecting the joints  
Gratitude

Warm-up/Spine 6 ways

Breath: Ocean Breathing (horse stance, mini sun salute, lateral bend, dome)

Lunges (supine, standing)

Cat tilt/Dog tilt (from table, standing, seated)

Table poses – bird dog, quad stretch, push, lateral bends, gate

Core tall – setpoint, eagle leg flexor, plank

Simple twists (supine, seated, standing)

Warrior 2, side angle, pyramid, warrior 1, triangle, half-moon, temple, wide leg forward fold A, B, & C,

bound angle, squat, Z pose, one leg seated forward fold

Downward facing dog, cobra, locust, sphinx, bridge, reverse table

### **Day Nine/ T/ 2/18**

What is Vinyasa?  
Protecting the joints

Spine 6 ways

Breath: Ocean Breathing – alternate nostril breathing

Table poses – bird dog, quad stretch, table push, lateral bends, gate

Chaturanga on blocks

Himalayan push-ups

Cobra push-ups

Intro to sun salute A, B, C: downward facing dog, plank, chaturanga, lunges (low aka runner's lunge/high aka crescent warrior), warrior 1, warrior 2, chair

### **Day Ten/ TH/ 2/20**

Using props  
Bones, muscles, ligaments, tendons, connective tissue  
Purpose of relaxation

Yin Practice:

Cat chasing tail, Butterfly, ½ Saddle, Puppy, Cocoon, Caterpillar, Seiza (with block) w/ Zazen  
Breath

### **Day Eleven/ T/ 2/25**

**ALL JOURNAL ENTRIES DUE BY THIS DATE!**

## **Practical Exam #2**

Group practice.

### **Day Twelve/ TH/ 2/27**

Vinyasa practice w/yoga nidra

Spine 6 ways

Breath: Ocean Breathing – breath of equal duration 5/5

Sun salute A, B, C: downward facing dog, plank, chaturanga, lunges (low aka runner's lunge/high aka crescent warrior), warrior 1, warrior 2, chair

Dancing warrior series

Legs up the wall

Yoga nidra

### **Day Thirteen/ T/ 3/3**

Yin Practice w/ guided meditation

### **Day Fourteen/ TH/ 3/5**

## **Practical Exam #3:**

Group practice

**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**

### 1. GMU Policies and Resources for students

#### *Policies*

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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>).

- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

1. Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto: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/>.
2. 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](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

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