

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness
1 Credit, Summer 2022
RECR 186 C01 – Yoga: Introduction
M/W asynchronous T/TR 9:30am - 10:45am /Distance Learning
June 27 - July 30

Faculty

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Office Hours: By Appointment
Office Location: Zoom
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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 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 [Day and/or Time].

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 will need a working camera to participate in synchronous meetings and the camera must be on at all times.
- 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.
- 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 3 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.
- 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 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 or *Your Body, Your Yoga* by Bernie Clark.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (Blackboard)

- **Assignments and/or Examinations**

Journal/Practice on Asynchronous Days Mon/Wed

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 are written on asynchronous days. Each is worth 5 points.**

ASDAY ONE	First Class Journal - read and respond to article “Why Practice yoga”
ASDAY TWO	Max Strom Ted Talk: Breathe to Heal Journal J#2
ASDAY THREE	IA-30 Max Strom Inner Axis 30 minute Practice J#3
ASDAY FOUR	Jamie Elmer: Wrists in Downward Facing Dog AND Arturo Peal’s Wall SS Journal #4 Jamie Elmer/Arutro Peal
ASDAY FIVE	Relaxing Breath Practice with Tracee Stanley J#5
ASDAY SIX	Bernie Clark: How to Practice Yin J#6Yin
ASDAY SEVEN	Evening Yoga/ Jamie Elmer OR Gentle Wake Up Flow/ Athina AM/PM Yoga J#7
ASDAY EIGHT	Fluid Yoga - Morning Practice with Kevan Gale/Fluid Yoga w/Kevan J#8
ASDAY NINE	Max Strom TEDxGreenville No App For Happiness/TINAFHTEDxGreenville J#9

Final Exam – 7 points – written test found under Course Content halfway in scroll.

- **Other Requirements**

Class participation and attendance are required. **Live Zoom classes Tues/Thurs 9:30-10:45 am.** *Students are required to have a working camera that is on at all time so instructor can make corrections to posture.* You must keep your camera on during class to receive participation points.

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 presented immediately upon return to class.

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. 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 **48 points**

Journal responses/Asynchronous practices: 5 points each: total **45 points**

Final Exam is worth total **7 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 AS

Read article on Blackboard and answer in journal (counts for first class): Article “Why Practice Yoga?” found under course content.

Day Two Live Zoom

Basics

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: wind removing pose, simple twist, happy baby, supine lunge, Warm-up/Supine - knee to chest, simple twist, happy baby, Lunge (supine)

Squat, child, table top Cat tilt/Dog tilt, plank, downward facing dog, forward fold, Iyengar shoulder opener, plank, shoulder opener, reverse table w/ adirondack chair, legs up the wall, passive backbend, rest

Concepts highlighted: warm-up, cat tilt, dog tilt, benefits of squat, somatic awareness
Intro to Eight Limbs of Yoga

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

Day Three AS

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

Max Strom Ted Talk/Journal 2

Day Four live zoom

Basics

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: squat w/ breathing practice - breath of equal duration/twists, supine warm-up (wind removing pose, simple twist, happy baby, supine lunge, figure 4 sequence), boat, mini-sun salutes w/gift breath, Sun salute C w/ Warrior 2, side angle, Bikram triangle and sphinx; child, Bridge, twist, legs up the wall, passive backbend, rest, seated OM

Concepts highlighted: breath of equal duration, side angle/bridge (support), history of yoga

Challenge: practice daily at least 20 minutes

Day Five AS

IA-30 Max Strom 30 Minute Inner Axis Practice and Journal Response

Day Six live zoom

Breathing Basics

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: squat, wind removing pose, simple twist, happy baby, supine lunge, constructive rest, meridian stretch, child, plank, downward facing dog, forward fold, mini-sun salute, catcher's pose, suspension twist, horse stance, standing lateral bend, reverse bound angle, twist, rest. **Breathing practices:** belly breath, rib breath, *ujjayi* breath/ocean breathing, lateral bend breath hold.

Concepts highlighted: Inner/Axis (Max Strom) style, autonomic nervous system/sympathetic/parasympathetic, lengthening the spine, rib cage breathing, benefits of breathing practice, breath initiated movement

Challenge: practice a breathing techniques for 5 minutes every day and notice how you feel

Day Seven AS

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

Jamie Elmer: Wrists in downward facing dog AND Arturo Peal's Wall Sun Salutations respond in Journal#5

Day Eight live zoom

Vinyasa

Practice 8 (**day10**) vinyasa basics/relaxation

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: squat, warm-up, Sun salute A, B, & C, Warriors, Side angle, triangle, pyramid *Viparita kirani*, rest **Breathing practices:** chanting, ocean breathing, deep relaxation

Concepts highlighted: What is vinyasa? What is rest? Vagus Nerve

Challenge: chant OM (UM, AM, or HM) 2-3 minutes daily and notice how you feel

Day Nine AS

Relaxing Breathing Practice with Tracee Stanley Practice then respond in journal link Tracee Stanley Breath

Day Ten live zoom

Vinyasa and yoga nidra

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, extra pillows and blankets

Postures: squat, warm-up, Sun salute A, B, C *Viparita kirani*, rest **Breathing practices:** chanting, ocean breathing, deep relaxation

Concepts highlighted: What is yoga nidra?

Day Eleven AS

Journal #6 on blackboard: Respond to journal blackboard video/article post.

Bernie Clark Yin Yoga/Journal# 6

Day Twelve live zoom

Yin basics

Supplies: yoga mat, strap, 2 blocks, rolled blanket folded neatly, maybe a second blanket or beach towel ready, pillow or bolster, a wall available to put legs up, damp washcloth or hand wipes, relatively clean feet - yes, that's an odd one, but you'll understand once you start practicing

Postures: figure 4, dragon (squat lunge), caterpillar (forward fold), waterfall *viparita kirani*
Puddle - Rest *savasana* Longevity Breath

Concepts highlighted: Yin yoga, hamstrings, connective tissue

Challenge: practice the "hamstring" massage each day and note flexibility before/after

Day Thirteen AS

Jamie Elmer Evening Yoga OR Morning Wake Up Flow with Athina - Respond in journal link AM/PM Yoga J#7

Day Fourteen live zoom

Energy Medicine/Yin Yoga

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

Postures: Melting Heart, EMYoga: Wake-up, arm cupping, schoolyard hook-up, cross-leg fold, "dangle" w/ crown pull and spinal flush, Butterfly w/leg cupping, soleus massage, Constructive Rest w/ 5 Element Flow/Control, Bridge w/ electrics, anchor and wander

Breathing practices: Cosmic Orbit, Crocodile Breath

Concepts highlighted: lymph system, TCM and meridians

Challenge: practice the wake-up at least once a day and note how you feel

Day Fifteen AS

Fluid Yoga Flow with Kevan Gale and respond in journal link Fluid Yoga w/Kevan J#8

Day Sixteen live zoom

kundalini & 5 Tibetans

Supplies: yoga mat, blanket folded neatly, maybe a second blanket or beach towel ready
Postures: Kundalini warm up, cat/dog, spine twists, seated wide leg, child, squat, 5 Tibetans
Breathing practices: Tibetan 9 part breath, breath of fire, chanting
Concepts highlighted: What is kundalini yoga?
Challenge: practice the 5 Tibetans or 9 part Tibetan Breath daily. Note how you feel.

Day Seventeen AS

TEDxGreenville There Is No App For Happiness Max Strom and respond in journal link
TINOFHTEDxGreenville

Day Eighteen final Exam

Written exam on Blackboard link in Blackboard

ALL WRITTEN WORK DUE by June 23

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/>.

[Additional Program or Division content, supplemental materials, instructions, and graphics may be placed here, as appropriate.]