Week - 1 and 2
Welcome to class and what you should expect for the semester.
Introduce alignment, breath, relaxation and beginning asanas.

Course Outline and Journal Notes
Kinesiology Department Policies pages.
General Guidelines and Yoga Benefits pages.
Turn in What Are You Expecting, Personal Level of Participation pages.

Yoga History / Theory
Warm ups

Diaphragmatic Breathing
Savasana / Deep Relaxation / Namaste / pauses
Table and Tadasana, alignment practices

Alignment page
Individual asanas of the Sun Postures.
Introduce Asana Images pages.
Bridge / Pelvic tilt
Cobra
Supine twist

Week 3 and 4
Continue with course reader pages from week 1 and 2
Balanced Routine and Order of Movement pages.
Alignment Assignment page.
Focus on the breath pattern with the standard sun postures routine.

Pranayama page.
Seated alignment demo
Beginning floor, seated and standing asanas
Basic asana flows (firm, child, hare) and (seated alignment, forehead to knees, boat)
Cobra, arms behind
locust
Bridge with arms under
Gate

Week 5 and 6
Emphasis a complete and balanced routine.
Affirmation pages.

Meditation page.
Measured breath
Double breath
Hong Sau
Sphinx
New variations of the moon pose
Sun posture variations
Bridge
Warrior
Week 7 and 8
Review first half of the semester.
Quiz
Turn in Personal Assessment / Request page.
New variation of seated twist
New variations of the boat pose
Tree
Triangle

Week 9 and 10
Review quiz
Ashtanga pages.
Yamas / Niyamas
Pranayama II page
Energy / thoughts / magnetism
Begin to choose your asana version
Begin to do some of the asanas on your own
Sun posture variations
Inverted poses
Fish

Week 11 and 12
Extra long deep relaxation.
Chakra chart
Chakra Diagrams
Chakra Class
Guided visualization.
Traditional locust
Chair pose
Camel stretch

Week 13 and 14 and 15
Work more with pranayama, breath and meditation practices including hong/sau.
Expand upon all of the yoga practices so far introduced.
Visualizations
More sun posture variations
Dolphin pose
Optional Advanced Level Asanas
    Inverted L at wall.
    Shoulder stand at wall
    Half bow
In depth review of asanas, one category at a time.
Journal notes due.
Course evaluations

Each week we will expand upon the asana pages. Look them over through out the semester.