

San José State University
Kinesiology
Fall 2018 KIN 61B, Beginning Hatha Yoga

Instructor	Suzanne Caughlan
Office Location	SPX 102 – Main Office
Telephone	408 924-3010 – Main Office
Email	Suzanne.Caughlan@sjsu.edu
Office Hours	By appointment
Class Meeting Days/Time	Friday

Course Description: Continued expansion of your knowledge, understanding and skills with yoga practices and techniques. Asanas will be at a more advanced level. We will be practicing more per class, hold them longer, more variations and more individual choices. The style that I teach emphasizes the inner deeper qualities of yoga practice as well as practicing the asanas with open aware alignment and mindfulness.

Prior experience is required.

If you have any injuries or medical conditions that will prevent full participation check with professional to determine if it is advisable for you to take this class.

You should feel prepared for this level of class.

We will start out for the first few weeks at a pace that may seem slow, so everyone can have correct technique, style and alignment. Then we will move into asanas that are at a level that you may be expecting for this class. By the end of the semester there will be some asanas that will be optional for most people.

Course Goals and Student Learning Objectives

Upon successful completion of course requirements through activities, skill learning, assigned reading, and written exams, **students will be able to:**

*Demonstrate an understanding of the physical, mental and energetic benefits that accompany the practice of all areas of yoga.

*To expand and integrate all the positive benefits of yoga into your daily life.

*Demonstrate an understanding of the basic terminology, etiquette and safety.

*Learn and use safe, aligned movement technique.

*Complete a balanced routine-

Beginning with focusing the awareness into breath practice; Warm ups which energize and open the body; Strength, balance and flexibility through a varied selection of yoga asanas; and then come to a place of completion at the end of each class with deep relaxation, concentration and meditation techniques.

Activity Program Learning Objectives Expanding from the beginning level-

a) Concepts, terminology and history.

b) An understanding of the physical, mental and energetic benefits of yoga.

c) Breath technique, awareness and pranayama.

You will practice specific breath, concentration, energy and meditation techniques to increase mental clarity, expansion and concentration.

d) A greater understanding of meditation and concentration techniques.

- e) A greater understanding of the alignment techniques and issues.
You will learn correct alignment, movement into and out of, and the point of concentration for many more Hatha Yoga Asanas such as dynamic inversions.
- f) Energization and astral anatomy.
- g) The ability and awareness to choose the asana variation appropriate for you.
The ability to choose a combination of yoga asanas and other practices which are appropriate for you to do at home both during the semester and after the class is over.
- h) Learn how to use all of these skills and techniques to help in daily life.
Use the skills that you have learned in this class to help you with other classes that you are taking. Many of these yoga practices can increase concentration, creativity and mental clarity.
- i) You will learn seated alignment skills for concentration and meditation techniques.

Basic skills:

1. You will learn correct alignment, movement into and out of, and the point of concentration for many Hatha Yoga Asanas (postures).
2. You will practice specific breath, concentration, energy and meditation techniques to increase mental clarity, expansion and concentration.
3. You will learn seated alignment skills for concentration and meditation techniques.
4. The ability to choose a combination of yoga asanas and other practices which are appropriate for you to do at home both during the semester and after the class is over.
5. Use the skills that you have learned in this class to help you with other classes that you are taking. Many of these yoga practices can increase concentration, creativity and mental clarity.

Methodology

- a) Group lecture b) Individual instruction c) Directed practice d) Demonstration e) Assigned readings f) Written assignment g) Written quiz.

Course Reader (Required)

Purchase the course reader for this class at Maple Press
On the edge of campus at 330 South 10th Street.
They do not accept credit cards

Course Requirements

- a. Active participation in all class activities, including lectures, practice, quizzes, and assignments.. *Bring your course reader to each class and read the appropriate pages ahead of time.*
- b. . Receiving instruction for all asanas and other practices. You need to sign the role sheet at the beginning of each class.

During every class I will be checking a specific asana and/or related movement and positioning details and recording that on my chart.

If for any reason you have to leave early, you need to write me a note on a full size piece of paper. (to help keep accurate recording information)

- c. Wear comfortable unbinding clothes that do not restrict your movement or breath.
- d. Cooperation and mature behavior are expected in the class.
- e. At least 5 minutes warm-up period is required before any skill practice.
- f. You can bring your own yoga mat, it is recommended but not required
- g. Put all of your personal items in the designated area of the room.
- h. Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video

recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material. Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

i. Any student missing 3 or more classes because of participating in a sports team or other student activity, will need to write a paper.

Grading Policy

- 50% Participation and knowledge of skills
- 10% Work sheets
- 20% Assignment- Journal Notes and Final Compilation
- 20% Written Quiz

Participation details:

During nearly every class I will be checking a specific asana and/or related movement and positioning details. You need to be in class to receive credit for knowledge of the asana and related alignment issues.

Also, I will be checking knowledge of pranayama, meditation and asana sequencing.

If you miss a class because you feel that you know the material already, contact me in a timely manner and I will then assign you a paper to turn in related to the topics involved for the class(es) you have not attended.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

If for any reason you have to leave early, you need to write me a note on a full size piece of paper.

Over all Class Grading:

- A =90%--100%
- B =80%-- 89%
- C =70%-- 79%
- D =60%-- 69%
- F = 59% or lower

Written quiz October 5th

There are ten questions, some are based on the course reader pages that I have talked about during class and some are based on skills that you have learned during the class..

No make-up for missing quiz except in extreme cases.

C=6.25, B=7.75, A=9.25 - Whole grades out of 10.

University Policies Dropping and Adding --- Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the policies section at <http://info.sjsu.edu/static/catalog/policies.html>.

YOGA JOURNAL NOTES : Personal Yoga Experience

A practice in introspection

Letting Your Inner Self Emerge onto the Written Page

As you write your journal notes you should refer to what you have learned or experienced in this class. You can specifically refer to what has been helpful to you or beneficial as you move through other areas of your life. What new perspectives do you have?

Explore your inner self.

A few general ideas are –

Skills and practices that you learn in this yoga class which increase your abilities in other classes that you are taking here at college.

Skills such as the way you interact with other people.

Or maybe physical health issues. You may notice that it is easier for you to be creative or that it is easier for you to concentrate.

You can use the handouts such as comparing the yoga benefits page with your copy of the survey page.

*On the cover include your name, the course number, section number and semester.

*Staple or fasten all your pages together.

*Do not use paper with ragged edges.

*Turn in a copy if you want to keep the original for yourself.

There is a minimum length for each grade designation.

2,700 words minimum for A level

2,100 words minimum for B level

1,500 words minimum for C level

You may type your journal notes or hand write them but make sure that everything is legible.

I am not specific in regards to what you *should* write about, because it will be different for each person in the class.

Write from an introspective creative personal point of view, do not repeat technically what we do in class. *Content is important.*

It can be one long narrative or many individual topics

Grammar and punctuation are not important, the creative flow is.

Write periodically throughout the semester.

You can write once a week if you would like to or every couple of weeks- which ever pacing works best for you. Just don't leave it all until the end of the semester. You can turn them in early.

Due November 30th or sooner

Emailed papers are not accepted.

Include Total Word Count on Title Page

KIN 61-B

General order of when we focus on specific course reader pages and new practices

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* and *Exploration Paper* pages.

Kinesiology Department Policies pages.

General Guidelines and *Yoga Benefits* pages.

Turn in *What Are You Expecting, Personal Level of Participation + Background* pages.

Yoga History / Theory

Warm ups

Diaphragmatic Breathing

Savasana / Deep Relaxation / Namaste

Table and Tadasana, alignment practices

Tadasana and 3 directions of movement (standing poses)

Moon

Bridge / pelvic tilt

Cobra

Supine twist

Individual asanas of the *Sun Postures*.

Week 3 and 4

Balanced Routine and *Order of Movement* pages.

Alignment and Alignment Assignment pages.

Focus on the breath pattern with the standard sun postures routine.

Asana Images pages.

Pranayama page.

Measured breath + 3 part breath

Meditation page.

Flow - firm, child, hare

locust

Gate / Sphinx

Tree

Seated alignment / Seated Rotation

Prop Demos – Firm / Seated on Floor / Seated in Chair

Week 5 and 6

Emphasis a complete and balanced routine.

Affirmation page.

Hong Sau page.

Sun Posture Variations page.

Wide stance poses

Bridge with leg raises

Inverted poses – bridge at wall

Fish pose

Pigeon

Warrior

Healing Energy Guided visualization.

Week 7 and 8

Quiz and Review quiz

Turn in *Personal Assessment / Request* page.

Begin to choose your asana versions / Begin to do some of the asanas on your own

Ashtanga Yoga / Yamas–Niyamas / Eight Divine Qualities

Pranayama II page.

Week 9 and 10

Advanced Asana pages.

Chakra Diagram, Chakra Charts and *Chakra Worksheet* pages.

Chakra class.

Camel

Ganesha

Pyramid

Chair

Week 11 and 12

Guided visualization.

Extra long deep relaxation.

Review *Headstand Prep* page.

More individual attention.

Side Angle

Shiva

Eagle

Yoga seal

More advanced seated poses

Week 13 and 14

Work more with pranayama and breath practice

Work more with Hong Sau.

Expand upon all of the yoga practices so far introduced.

More visualizations

More sun posture variations

Continue to introduce and add *Advanced Asanas* and variation to our routine.

Week 15 and 16

Optional *Advanced Level Asanas:*

Peacock feather

Headstand

In depth review of asanas, one category at a time.

Journal notes due.

Course evaluations

There will be a culminating assignment as part of finals week

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