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KIN 61B Intermediate/Advanced Hatha Yoga

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.

Requirements for Level 2 Yoga:

Prior experience and no injuries or medical conditions that will prevent full participation. If necessary, 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 Reader (Required)

Purchase the course reader for this class at Maple Press
One block off campus at 481 E San Carlos Street.

Objectives and Learning Outcomes:

Upon successful completion of course requirements students will be able to:

1. 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.

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

3. Learn and use safe, aligned movement technique.

4. 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.

Contents and basic skills 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.

Methodology

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

Procedures

a) Active participation in all class activities, including lectures, practice, discussion, quizzes, and assignments.

Bring your course reader to each class and read the appropriate pages ahead of time.

b. Attending classes in a timely manner. You need to sign the role sheet at the beginning of each class and never sign for any one else. Bring me an approved note for any exceptions. Arrive on time because I give important announcements and information at the beginning of class. If you come late you will be recorded as late. Being late three times equals one absence. If you are not there at the end of class you will be counted as absent.

c. Wear comfortable unbinding clothes that do restrict your movement or breath.

d. Cooperation and mature behavior are expected in the class.

e. Arrive on time because I give important announcements and information at the beginning of class which will directly affect your grade.

f. You can bring your own yoga mat, it is recommended but not required

g. When you enter the room you need to put all of your personal items in the designated area of the room. Turn off all electronic devices completely. Do not have shoes on the mats.

Grading

1- Level of participation, effort and regular attendance. 60%

1 absence is A level. 2 absences is B level. 3 absences is C level.

2- Quiz - Missing classes will put you at a disadvantage for the quiz. 20%

The quiz will cover material from the first portion of the semester. To prepare for the quiz - come regularly to class, participate fully and pay attention. Also look over the appropriate course reader pages.

Quiz – (C=6.25, B=7.75, A=9.25) Whole grades out of 10

3- Yoga Journal notes – See separate page. 20%

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

1. Academic integrity statement (from Office of Judicial Affairs):

The University's Academic Integrity policy, located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at <http://www.sjsu.edu/studentconduct/>.

2. Campus policy in compliance with the Americans with Disabilities Act:

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

3. Policies and deadlines Kinesiology Department Information can be found on line. Students are responsible for understanding the policies and procedures about add/drop, Refer to the current semester's Catalog Policies section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic calendar web page at http://www.sjsu.edu/provost/Academic_Calendars/. The Late Drop Policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

General Kinesiology Department Information can be found on line.

I have been a yoga instructor for nearly twenty years.

I am a member of Yoga Alliance and Ananda Yoga Teacher Training and have RYT certification.

KIN 61-B

General order of when we focus on specific course reader pages.

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

Tadasana and directions of movement (standing poses)

Moon

Bridge / pelvic tilt

Cobra

Supine twist

Individual asanas of the *Sun Postures*.

Asana Images pages.

Week 3 and 4

Continue with course reader pages from week 1 and 2

Balanced Routine and *Order of Movement* pages.

Alignment and Alignment Assignment pages.

Table and Tadasana, alignment practices

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

Pranayama page.

Measured breath

Double breath

Meditation page.

Beginning floor, seated and standing asanas

Basic asana flows (firm, child, hare) and (seated alignment, forehead to knees, boat)

locust

Bridge with leg raises

Gate

Tree

Week 5 and 6

Emphasis a complete and balanced routine.

Asana Categories page.

Affirmation page.

Sun Posture Variations page.

Ashtanga Yoga page.

Yamas / Niyamas

Eight Dīvne Qualities

Pranayama II page.

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

Chakra class.

Inverted poses

Fish pose

Pigeon

Warrior

Chair

Week 7 and 8

Hong Sau page.

Review first half of the semester.

Quiz

Turn in *Personal Assessment / Request* page.

Begin to choose your asana version

Begin to do some of the asanas on your own

Wide stance poses

Week 9 and 10

Advanced Asana pages.

Continue with Ashtanga pages.

Turn in topic for paper.

Advanced chakra class.

Review *Headstand Prep* page.

Camel

Ganesha

Pyramid

Week 11 and 12

Guided visualization.

Extra long deep relaxation.

Headstands.

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 meditation practice.

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

Full bow

Wheel

Crow

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

Paper due.

Journal notes due.

Course evaluations

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