

**San José State University**  
**Kinesiology**  
**Spring 2015, KIN 61B, Beginning Hatha Yoga**

Contact Information

Instructor	Suzanne Caughlan
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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.

**Objectives and Learning Goals:**

**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.

**Knowledge, 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.

### **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.

### **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. Attending all classes for instruction. You need to sign the role sheet at the beginning of each class.

c. Wear comfortable unbinding clothes that do 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.

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.

### **Course Requirements and Grading Policy**

60% Participation and knowledge of skills

20% Assignment/Project

20% Written Quiz

### **Over all Class Grading:**

A =90%--100%

B =80%-- 89%

C =70%-- 79%

D =60%-- 69%

F = 59% or lower

### **Written quiz March 6th**

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.

### **YOGA JOURNAL NOTES :**

#### **Personal Yoga Experience -A practice in introspection**

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.

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 May 1st or sooner**

Emailed papers are not accepted.

Include Word Count on Title Page

## **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](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/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.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity ---- Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

**Course Calendar** The bold italic phrases refer to course reader pages.  
(subject to change with fair notice by announcement in class and / or email)  
**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 Divine 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.**