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. Attending all classes for instruction. You need to sign the role sheet at the beginning of each class. During nearly every class I will be checking a specific asana and/or related movement and positioning details.

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

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 participation 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 / finals assignment / turning things in on time.
- 20% Assignment- Journal Notes
- 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.

**Overall Class Grading:**

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

**Written quiz March 1st**

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.


**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.
KIN 61B  (The bold italic phrases refer to course reader pages.)
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*.
*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*
*Pranayama*
*Daily Yoga*
Savasana / Deep Relaxation / Namaste
Tadasana and 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*
*Alignment and Alignment Assignment*
*Asana Categories*
*Asana Images*
Table and Tadasana, alignment practices
Seated alignment / Seated rotation
Prop demos – Firm/Seated on floor/ Seated in chair
Focus on the breath pattern with the standard sun postures routine.
Measured breath / Three part breath
*Meditation*
Beginning floor, seated and standing asanas
Basic asana flows (firm, child, hare) and (seated alignment, forehead to knees, boat)
Locust / Sphinx
Bridge with leg raises
Gate / Tree

**Week 5 and 6**
Emphasis a complete and balanced routine.
*Sun Posture Variations*
*Yamas / Niyamas*
*Hong Sau*
*Affirmation*
*Pranayama II*
Inverted poses
Fish pose / Pigeon
Warrior / Chair
Quiz
Week 7 and 8
Ashtanga Yoga
Review first half of the semester.
Quiz Review
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
Lunar Breath / Solar breath

Week 9 and 10
Advanced Asana Advanced chakra class.
Camel
Ganesha
Pyramid
Chair
Alternate nostril breath
Maha Mudra
Chakra Diagram, Chakra Charts and Chakra Worksheet
Chakra class.

Week 11 and 12
Guided visualization.
Extra long deep relaxation.
Headstand Prep
Headstands.
More individual attention.
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.
Journal notes due.

Week 15 and 16
Review details of alignment to deepen experience.
Optional Advanced Level Asanas.
Peacock feather
Full bow
Wheel
Finals Assignment

Each week we will expand upon the asana pages. Look them over throughout the semester.
61B- Index of Pages in Course Reader

Title Page
Index
Course Outline including Journal Notes info and Semester Weeks (7 pages)
*Personal Level of Participation (turn in right away)
*Background (turn in right away)
*What are you expecting – Instructor Copy (color) (turn in right away)
   What are you expecting – Student Copy same answers but keep for yourself
General Guidelines
Yoga Benefits
Daily Yoga
Yoga History
Pranayama
Pranayama II
Warm ups
Balanced Routine
Asana – Order of Movement
Alignment
Alignment Assignment
Affirmation
Meditation Preparation
Hong Sau Technique
Maha Mudra
Ashtanga Yoga pages
Yamas / Niyamas
Chakra diagram
Chakra Charts
Chakra Worksheet
*Personal Assessment and requests - Instructor copy (color)
   Personal Assessment and requests – Student copy
Headstand Prep
Sun Postures (color)
Sun Posture variations
Asana Images
Advanced Asanas
Finals Assignment
Asana Instructions
Glossary
Crystal Clarity Publications

* Papers to turn in on specific dates