

Recreational Wellness 118

Yoga

Credits: 1

Augsburg General Education Requirement: Lifetime Fitness

Course Description

Designed to meet the Health and Wellness graduation requirement.

Required Readings

None

Supplemental Reading

Occasional optional readings will be offered to allow the students who would like to deepen their understanding of yoga that opportunity.

Overarching Goals and/or Learning Outcomes

- Understand and apply the underlying philosophy of yoga
- Demonstrate and name basic hatha yoga postures (asanas)
- Demonstrate breathing techniques, relaxation techniques and kinesthetic awareness
- Demonstrate an awareness of skeletal alignment and body mechanics for a safe and intelligent use of the body.
- Increase strength, flexibility, balance, coordination, range of motion and the ability to relax
- Recognize and apply the benefits of an ongoing yoga practice
- Create a personal ongoing home yoga practice

Course Requirements (100%)

- Attendance is required! Three absences equal no credit.
- Punctuality is required!
- Grading is pass/no credit.

Course Design

Each two hour class session will include:

- an introductory discussion on a particular aspect of yoga philosophy as outlined below
- breathing (pranayama)
- meditation
- hatha yoga (asana practice) including a balanced variety of postures with an emphasis on the type of posture specified below:

Session	Topic and Class Emphasis
1	Introduction, policies and course overview; introduction to breathing and basic seated, standing and relaxation postures
2	The paths of yoga; more advanced breathing; sun salutations
3	Introduction to meditation; twisting postures
4	Introduction to mantras and chanting; hip openers
5	The eight limbs of ashtanga yoga (part 1); forward bending
6	The eight limbs of ashtanga yoga (part 2); arm balances
7	History of Yoga; review of previous postures
8	Energy, nadis and chakras; backward bending
9	Yoga as a lifestyle; inversions
10	Creating a Home Practice
11	Visit a yoga ashram in Cape Town, talk and asana class with swami

Students' Rights and Responsibilities

If you have a formally diagnosed learning or physical difference, you have a legal right to course modifications. If you qualify, please identify yourself to the instructors so that we may assist you with your course progress.