

## **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:

<b>Session</b>	<b>Topic and Class Emphasis</b>
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.