

CATALOG INFORMATION

Dept and Nbr: KFIT 6.3

Title: ADVANCED YOGA

Full Title: Advanced Yoga

Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
This course, using Hatha Yoga asanas (postures), will emphasize advanced level flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing and relaxation methods.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This course, using Hatha Yoga asanas (postures), will emphasize advanced level flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing and relaxation methods. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate an understanding of and ability to perform advanced level asanas (postures) and yoga techniques.
2. Create an advanced level Yoga practice designed to improve flexibility, muscular strength, balance, and coordination.
3. Describe relaxation, breathing and centering methods used in Yoga.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Apply principles of movement and body awareness into Hatha yoga postures.
2. Demonstrate advanced level Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Demonstrate an understanding of breath integration with yoga asanas.
4. Perform a personal advanced level Yoga practice based on flexibility, muscular strength, balance, and coordination.
5. Apply Yoga techniques and benefits into daily life practices.

### **Topics and Scope:**

#### **I. Yoga Principles**

##### **A. Movement Principles**

1. flexion
2. extension/elongation
3. lateral flexion/extension
4. rotation
5. inversion
6. centering

##### **B. Body Awareness**

1. alignment

- 2. balance
- 3. integration
- II. Hatha Yoga Advanced Level Asanas
  - A. Advanced seated asanas
    - 1. Cow Face
    - 2. Hero pose
    - 3. Revolved Head to Knee pose
  - B. Advanced floor asanas
    - 1. Chatarunga (Four Limbed Staff pose)
    - 2. Dolphin
    - 3. Bow
    - 4. Downward Facing Dog
    - 5. One Leg Down Dog
  - C. Advanced kneeling asanas
    - 1. Camel
    - 2. Twisted Lunge
  - D. Advanced standing asanas
    - 1. Revolved Side Angle
    - 2. Standing Split
    - 3. Revolved Triangle
    - 4. Chair
  - E. Advanced balance poses
    - 1. Warrior III
    - 2. Dancer
    - 3. Half Moon
  - F. Modifications
- III. Pranayama (Breathing) Techniques
  - A. Breath integration with yoga asanas
  - B. Breath for relaxation/meditation
  - C. Breath for cleansing/clearing
- IV. Yoga Practice
  - A. Designing an advanced personal practice
  - B. Integrating yoga practice into daily living
  - C. Benefits of Yoga
  - D. Using Yoga techniques functionally
  - E. Meditation practices
- V. Chakras
- VI. History and Philosophy of Yoga
- VII. Patanjali's Eight Limbs of Yoga
- VIII. Styles and Types of Yoga

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

Assignments may include any or all of the following:

- 1. Written assessment of personal growth and experience in yoga class
- 2. Reflective journal
- 3. Reading 5 - 10 pages from the textbook each week
- 4. Practice and proper demonstration of advanced level yoga asanas/postures
- 5. Quizzes (1-3)
- 6. Design of an advanced level personal yoga practice

## 7. Analysis of yoga postures

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assessment, journal, personal practice

Writing  
5 - 15%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams: Demonstration of asana

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Completion, Essay/short answer, Quizzes

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
40 - 60%

### Representative Textbooks and Materials:

Beth Shaw's Yoga Fit. 3rd Edition. Shaw, Beth. Human Kinetics. 2015

Yoga for the Joy of It. Kraines, Minda and Sherman, Barbara. Jones and Bartlett Publishers. 2009 (classic)

Instructor Prepared Materials