

CATALOG INFORMATION

Dept and Nbr: KINES 70

Title: YOGA TECHNIQUES I

Full Title: Yoga Techniques, Training, and Practice I

Last Reviewed: 8/14/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	5	Lab Scheduled	0
		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: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

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

Also Listed As:

Formerly:

Catalog Description:
Students will learn beginning-level asanas (postures), pranayamas (breathing practices), meditation and other traditional yoga techniques. Techniques are presented through analytical training and guided practice in how to teach and practice the techniques.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will learn beginning-level asanas (postures), pranayamas (breathing practices), meditation and other traditional yoga techniques. Techniques are presented through analytical training and guided practice in how to teach and practice the techniques. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:

Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2017	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:
Certificate Applicable Course

COURSE CONTENT

Student Learning Outcomes:

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

1. Use correct technique in beginning-level traditional yoga practices including asanas (postures), pranayamas (breathing practices), meditation, and mantra.
2. Demonstrate proficiency in how to teach and practice beginning-level yoga techniques.
3. Identify different influences and styles of practicing hatha yoga.

Objectives:

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

1. Categorize and practice beginning-level yoga asanas using correct technique.
2. Demonstrate knowledge of physical alignment, anatomical focus, modifications, and variations for various beginning level yoga asanas and pranayamas.
3. Describe the energetic focus of each asana, pranayama, meditation, and mantra practice.
4. Explain the benefits and contraindications of beginning-level asanas, pranayamas, and meditation techniques.
5. Identify and verbally cue asanas and pranayamas using English and Sanskrit names with correct pronunciation.
6. Analyze different students practicing beginning-level yoga asanas and demonstrate ability to use appropriate verbal cues and physical adjustments based on their physical capability.
7. Create and teach a class sequence for beginning-level students.

Topics and Scope:

- I. Foundations of Asana Practice
 - A. Qualities and definition of yoga asana
 1. Yoga Sutra description
 - a. Ease
 - b. Effort
 2. Asana definition
 3. General guidelines for asana practice

B. Applications of yoga asana

1. Original
2. Contemporary

C. Styles of yoga asana

1. Influencing styles of Asana
 - a. T. Krishnamacharya
 - b. B.K.S. Iyengar
 - c. K. Pattabhi Jois
 - d. T.K.V. Desikachar
2. Alignment-based vs. non-alignment based
3. Individual practitioner's lineage

II. Practicing and Teaching Beginning Level Yoga Asanas

A. Beginning level yoga asanas

1. Tadasana (Mountain Pose) or Samasthiti
2. Utkatasana (Awkward, Fierce, or Chair pose)
3. Virabhadrasana 1 (Warrior 1)
4. Navasana (Boat)
5. Apanasana (Knees to chest)
6. Vrksasana (Tree pose)
7. Virabhadrasana II (Warrior 2)
8. Viparita virabhadrasana (Reverse warrior)
9. Utthita parshvokonasana (Extended side angle)
10. Utthita trikonasana (Triangle)
11. Utkata konasana (Goddess)
12. Balasana (Child's pose)
13. Savasana (Corpse pose)
14. Alasana (Crescent lunge pose)
15. Marjarayasana-Bitilasana (Cat-cow, Durga-go)
16. Anjaneyasana (Low lunge)
17. Bhujangasana (Cobra)
18. Shalabhasana (Locust)
19. Setu bandhasana (Bridge)
20. Marichyasana C (Marichi's pose C)
21. Ardha matsyandrasana (Half lord of the fishes)
22. Supta padangusthasana (Supine hand to big toe)
23. Uttanasana (Standing forward fold)
24. Prasarita padottanasana (Standing straddle fold)
25. Malasana (Garland or bead pose)
26. Janu Sirsasana (Head to knee pose)
27. Jathara parivartanasana (Reclining twist)
28. Utthita chaturanga dandasana (Plank pose)
29. Vasisthasana (Side plank)
30. Dandayamana bharmanasana (Balancing table pose)
31. Adho mukha svanasana (Downward-facing dog)
32. Adho mukha makarasana (Dolphin)
33. Viparita karani (Legs up the wall pose)
34. Sukhasana (Easy pose)
35. Dandasana (Seated staff pose)
36. Viransana (Hero pose)
37. Vajrasana or Bhujrasana (Thunderbolt or kneeling pose)
38. Eka pada rajakapotasana (One-legged royal pigeon pose, half pigeon pose)
39. Ardha surya namaskara (Half sun salutation)

- 40. Surya namaskara (Classical sun salutation)
- B. Knowledge, skills, and abilities for teaching beginning level yoga asanas
 - 1. Physical alignment
 - 2. Anatomical focus
 - 3. Modifications
 - 4. Variations
 - 5. Energetic focus
 - 6. Benefits
 - 7. Contraindications
 - 8. English and Sanskrit names
 - 9. Verbal cueing
 - 10. Physical adjustments
 - 11. Creating a beginning-level class sequence
 - 12. Teaching a beginning-level class sequence
- III. Practicing and Teaching Beginning-level Pranayama
 - A. Introduction to pranayama
 - 1. Pranayama definition
 - 2. General guidelines for practice
 - 3. Guidelines for teaching
 - B. Beginning-level pranayama
 - 1. Diaphragmatic breathing
 - 2. Sama vritti breathing (equal breath)
 - 3. Durga pranayama (three-part breath)
- IV. Practicing and Teaching Meditation Techniques
 - A. Introduction to meditation
 - 1. Definition of meditation
 - 2. General guidelines for practice
 - 3. General guidelines for teaching
 - B. Beginning-level meditation techniques
 - 1. Mindfulness of breathing
 - 2. Guided meditation
 - 3. Mantra meditation
 - 4. Breathing meditation
 - 5. Walking meditation
 - 6. Metta meditation
 - 7. Body scan meditation
- V. Practicing and Teaching Mantra
 - A. Introduction to Sanskrit mantra
 - 1. Definition and purpose
 - 2. General guidelines for practice
 - 3. General guidelines for teaching
 - B. Beginning-level mantra practices
 - 1. Om
 - 2. Om Shanti/Shanti/Shanti
 - 3. Om Sahana Vavatu (Shanti Mantra)
 - 4. So Ham (So hum) mantra
 - 5. Kirtan Kriya

Assignment:

- 1. Read from textbooks and instructor-prepared materials (25-35 pages per week)
- 2. Written assignments based on readings

3. Practice journal entries (weekly)
4. Observation reports of on-campus and off-campus yoga classes
5. Quizzes
6. Exams
7. Assisting in demo classes during training
8. Teaching a beginning-level yoga sequence
9. Media-based yoga project
10. Attendance, punctuality, and participation at all class meetings

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 assignments; journal; observation reports

Writing
10 - 30%

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.

Assisting in demo classes; teaching a beginning sequence

Skill Demonstrations
10 - 30%

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

Quizzes; exams

Exams
10 - 30%

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

Media-based yoga project; attendance and participation; weekly reading

Other Category
40 - 50%

Representative Textbooks and Materials:

Instructing Hatha Yoga. 2nd ed. Ambrosini, Diane. Human Kinetics. 2016 (classic).

Real Happiness the Power of Meditation. Salzberg, Sharon. Workman Publishing. 2010 (classic).

Hatha Yoga Illustrated. Kirk, Martin and Boon, Brooke and DiTuro, Daniel. Human Kinetics. 2005 (classic).

Yoga Anatomy. 3rd ed. Kaminoff, Leslie and Matthews, Amy. Human Kinetics. 2022.

Instructor prepared materials