

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

PSY 34 - Eastern Psychology: Traditions and Practices

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level IV

Transfer Status: CSU

34 hours Lecture

51 hours Lab

This course is an introduction to Eastern Psychology. The theories of Eastern Psychology are practiced and reinforced through the Yoga Sutras. This foundation highlights self analysis through hatha yoga postures (asana), breathing techniques (pranayama), mental concentration (dhyana), sense withdrawal (pratyahara), and meditation (dharana). This course is experiential and is designed for self-enhancement, relaxation, stress management, and increased mindfulness.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Identify and describe the fundamental principles of Eastern Psychology.
- B. Explain the study of Eastern psychology from a yogic perspective using the Yoga Sutras.
- C. Describe the merger of Eastern Psychology and contemporary Western Psychology.
- D. Discuss, compare, and contrast Eastern cultures with Western cultures.
- E. Employ yogic practices to strengthen mental focus of one's mind and strengthen the mind and body through yogic practices (hatha asana/postures, dharana/concentration, dhyana/meditation, pranayama/breathing).
- F. Analyze to evaluate the basis for one's life philosophy and psychological constructs with the possibility for change.
- G. Describe methods of achieving increased emotional well-being by relieving tension in the body and mind.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to Eastern Psychology: Paths of Yoga; Yogic Terminology; Tree of Yoga; Integration with Western Psychology	2.00
2. Introduction to the Yoga Sutras; Exploring the Mind from Eastern Psychological Perspectives.	12.00
3. Introduce Yoga Health & Healing Practices through Ayurveda	2.00
4. Introduction to Pranayama & Relaxation & Basic Meditation Practices	2.00
5. Introduction to Asana (Postures); Study Alignment, Structure, Foundation, Flow.	10.00
6. Introduction to the Chakra Psychological System of the Body, Mind, Spirit.	2.00
7. Introduction to socio-cultural life of Eastern Traditions.	2.00
8. Course Completion: Eastern Celebration, Food, Music, Self-Reflection, Meditation.	1.00
9. Formulation of Action Plans for Continued Practice	1.00
Total Hours	34.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Pranayama	6.00
2. Relaxation technique	6.00
3. Meditation practices	6.00
4. Standing Asanas	7.00
5. Seated Asanas	7.00
6. Reclined Asanas	7.00
7. Inversion Asanas	6.00
8. Restorative Asanas	6.00
Total Hours	51.00

IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Guest Speakers
- C. Class Activities
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Discussion
- F. Reading Assignments
- G. Demonstrations and Practices
- H. Presentations
- I. Video
- J. Exams or Research Papers

V. **METHODS OF EVALUATION**

- A. Oral Presentation
- B. Projects
- C. Class Discussion
- D. Research Papers, Journal Writing, Personal Contracts
- E. Yoga Practices (postures, breath work, meditation) within the classroom and outside of the classroom.
- F. Participation

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read Yoga Sutra's and consider the potential for personal transformation.
 - 2. Read how to integrate asana, meditation, yamas/niyamas to personal and interpersonal relations.
 - 3. Read how to integrate asana, meditation, yamas/niyamas to personal and interpersonal relations.
- B. Writing Assignments
 - 1. Research Eastern traditions and practices to increase global understanding of another's way of life and world views.
 - 2. Journal/Writing on how the yoga sutra's apply to your life.
- C. Out-of-Class Assignments
 - 1. Library research on Eastern perspectives of psychology.

2. Breathing exercises, meditation, and yoga asana, practice to perfect these skills used for stilling the mind and increasing inner peace.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Satchidananda, Sri Swami. The Yoga Sutras by Patanjali. 9th Edition. Integral Yoga Publications , 2003.
- B. Gerson, Scott MD. The Ayurvedic Guide to Diet & Weight Loss: The Sattva Program. Lotus Press, 2002.
- C. Reverend Jaganath Carrera. Inside the Yoga Sutras. Integral Yoga Publications, 2008.

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