

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 43 - Yoga II

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course is a continuation of Yoga I. Students will learn a progression of yoga postures (asanas) and intermediate level asanas. Breathing techniques (pranayama) will accompany each posture learned in this course. Emphasis is placed upon a deeper understanding of yoga philosophy.

II. OBJECTIVES

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

- A. list and describe basic and intermediate level asanas and pranayama.
- B. list and explain the benefits of pranayama and asana.
- C. perform yoga postures (asanas) in proper alignment and form according to individual ability.
- D. demonstrate proper breathing techniques with yoga posture movements.
- E. identify the eight limbs of yoga.
- F. identify Ayurveda's basic principles.
- G. create a personal yoga practice based on personal fitness level and lifestyle.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction and orientation	1.00
2. Hints and precautions in doing yoga	0.50
3. Evaluate current basic yoga fundamental skills	1.50
4. Contraindications for some yoga asanas	1.00
5. Second limb of yoga: the Niyamas or 5 self observances	2.50
6. Third limb of yoga: Asana or body postures; forward bends, back bends, standing, inversions, and balance	4.00
7. Fourth limb of yoga: Pranayama, or breathing technique practice	1.00
8. Yoga's relaxation pose, Shavasana	0.50
9. The fifth through the eighth limb of yoga: Pratyahara (control of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (union with the Divine)	1.50
10. Introduction to Ayurveda, the sister science of yoga	3.00
11. Energy locks or seals (bandhas) in yoga practice	0.50
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Evaluate basic yoga skills	1.00

2. Third limb of yoga: Sitting asanas	3.50
3. Third limb of yoga: Forward bend asanas	3.50
4. Third limb of yoga: Back bend asanas	3.50
5. Third limb of yoga: Standing asanas	3.50
6. Third limb of yoga: Twist asanas	3.50
7. Third limb of yoga: Inversion asanas	3.50
8. Fourth limb of yoga: Pranayama (breathing technique practice)	5.00
9. Fifth limb of yoga: Pratyahara	1.00
10. Sixth limb of yoga: Dharana	1.00
11. Seventh limb of yoga: Dhyana	1.00
12. Shavasana	3.00
13. Bandhas	1.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Quizzes
- B. Journal
- C. Class participation
- D. Written Examinations
- E. Performance Examinations
- F. Practical Evaluations
- G. Mid-term and final examinations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read the handout on the Niyamas and be prepare to discuss in small groups.
 - 2. Read the assigned article on breathing techniques. Be prepared to demonstrate proper breathing technique in class.
- B. Writing Assignments
 - 1. Write a one page essay explaining your goals and expectations for applying yoga practices toward an area targeted for self improvement.
 - 2. Based on your course goals, write a two page reflection on the positive effects you have gained over the course of the semester.
- C. Out-of-Class Assignments
 - 1. Choose the Ayurveda body type that best suits you and write a description of this body type and associated dietary recommendations.
 - 2. Observe a yoga class in the community and interview the teacher. Write a report on your class observation and goal of teacher's lesson plan.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Swenson, David. Ashtanga Yoga: The Practice Manual. 2nd Edition. Ashtanga Yoga Productions, 2007.

Materials Other Than Textbooks:

- A. Other materials and/or equipment will be provided by the department A. Athletic apparel B. Yoga mat

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