

PART ONE: "The Division of Physical Education and Dance" mission statement

PART TWO: Oxford College of Emory University
Division of Physical Education and Dance
PE 128 - YOGA / Fall 2001

Instructor: Valarie Wisniewski (Yogini Sakti Lalita)
Phone: 678 / 376 - 0123
E-mail: hamsayogini@aol.com

I. Course Description

This course is designed to provide a basic comprehension of the daily application of yoga - in the three constituent principles of our Being; namely, physical, intellectual, and causal. The course material will aid the student to both understand and apply this ancient science on a daily basis.

II. Text (Reference)

Yoga - The College Way, A Textbook for College Yoga, by Yvonne L. Banuet-Alvers.

Assigned reading will be part of this class syllabus. Additional study and test material will be given to the students in the form of hand-outs and class instruction.

III. Dress Requirement

Students are required to wear comfortable, loose-fitting attire (no jeans). Shoes will be removed upon entering the classroom and left at the entrance. Students should bring a "sticky matâ€™™, blanket, or towel for floor cover. A small pillow, or other support (a small towel will suffice), is recommended, but not necessary. Failure to conform to the above standard will result in a penalty absence (in that the student will not be able to participate in the physical portion of the class).

IV. Course Goals

Students will:

- Grasp the root nature of the Sun Salutation and how it applies to the 8,400 poses that are the totality of all Hathayoga exercises.
 - Appreciate the timeless and universal concepts of Yogaâ€™™s history and current application.
 - Come to know the texts that comprise Yoga Philosophy.
 - Understand and be able to apply the Five Disciplines, Three Paths, and Eight Ways of Yoga Philosophy.
 - Cultivate a positive self-image in regard to body type and composition.
- Appreciate the true meaning of diet and nutrition.
- Develop an increased awareness of Hathayoga as natural bodily movement and how it contributes to overall health and well being.
 - Reduce stress and tension by understanding effective means of handling the same.

V. Course Requirements and Student Responsibilities

Each student is expected to attend and actively participate to the best of their physical, intellectual, and causal abilities according to the disciplines of Yoga Philosophy. Students are expected to attend all classes.

Two (2) absences will be allowed. Additional absences without consent of the instructor will result in the final grade being dropped by half a letter grade.

Be a Yogi, be on time will be the student's outlook regarding arriving to the class in a prompt manner. Two (2) late arrivals will count as one (1) absence. If class has begun and attendance taken, it is the student's responsibility to speak with the instructor after class regarding their attendance record.

If there is an extenuating circumstance, it is the student's responsibility to make an appointment with the instructor to discuss this situation. There are no excused absences after the two (2) already allowed for. Make-up work is at the discretion of the instructor; depending further on the promptness of which the student addresses this matter.

It is the student's responsibility to bring the course text book, their copy of the syllabus, folder to hold hand-outs received, and a schedule of quizzes and exams.

VI. Method of Evaluation / Grade

- Attendance / Participation = 20%
- Three announced Quizzes = 30% (which will include physical and intellectual aspects)
- Mid-Term Exam = 20%
- Measurable factor of fitness (based on pre- and post- Hatha yoga training) = 10%
- Final Examination - 20%

VII. Grading System

A = 100 - 89
B = 88 - 79
C = 78 - 70
D = 69 - 60

VIII. Oxford College Honor Code

As a student, it is your responsibility to maintain Oxford College's standard of unimpeachable honesty in all academic work. You will be expected to uphold the Honor Code in all situations at all times. As such, you will acknowledge receipt of this class syllabus - Yoga Philosophy - and be expected to maintain respect in regards to the expectations presented herein.

PART THREE: Yoga ~ Course Outline / Fall Semester 2001

Class Begins / Block One / Read: page 22 - 26; page 38 - 44

• Introduction and organization of the course.

• Medical and fitness evaluation of the students.

• LESSON / Theory and Practice: Namaskara - Anjali Mudra as the Essence of Yoga

• LESSON / Theory and Practice: Sitting Silent - The Art of Mauna

• LESSON / Theory and Practice: Sun Salutation - The 12 Seed Postures

• LESSON / Theory: Pose and Counterpose - Moving While Being Still in all Directions

• LESSON / Practice: Sitting Silent - The Art of Mauna

• LESSON / Theory and Practice: Namaskara - Anjali Mudra as the Essence of Yoga

• LESSON / Theory and Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory: Pose and Counterpose - Moving While Being Still in all Directions

Â• LESSON / Practice: Sitting Silent - The Art of Mauna

Â• LESSON / Theory and Practice: Namaskara - Anjali Mudra as the Essence of Yoga

Â• LESSON / Theory and Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory: Pose and Counterpose - Moving While Being Still in all Directions

Block 2 / Read: page 6 - 7; 48 - 56

Â• LESSON / Practice: Sitting Silent - The Art of Mauna

Â• LESSON / Theory: History of Yoga - A Story of Seeking, part one

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Headstand and Child

Â• LESSON / Practice: Sitting Silent - The Art of Mauna

Â• LESSON / Theory: History of Yoga - A Story of Seeking, part two

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Headstand and Child

Â• LESSON / Practice: Sitting Silent - The Art of Mauna

Â• LESSON / Theory: History of Yoga - A Story of Seeking, last part

Â• REVIEW / A Comprehensive Overlook

Â• LESSON / Theory and Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Headstand and Child

Block 3 / Read: page 14 - 15; 57 - 66

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing

Â• QUIZ

Â• LESSON / Theory: History of Yoga - The Sacred Texts, part one

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Shoulderstand and Fish

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing

Â• LESSON / Theory: History of Yoga - The Sacred Texts, part two

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Shoulderstand and Fish

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing

Â• LESSON / Theory: History of Yoga - The Sacred Texts, last part

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Shoulderstand and Fish

Block 4 / Read: page 30 - 33; 80 - 92; 111 - 115; 142 - 144

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing

Â• LESSON / Theory: Five Disciplines, part one

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Plow and Bridge

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing

Â• LESSON / Theory: Five Disciplines, part two

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Plow and Bridge

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing

Â• LESSON / Theory: Five Disciplines, last part
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Plow and Bridge

Block 5 / Read: page 59

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing
Â• LESSON / Theory: Three Paths, One Goal, part one
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Fish / chin-to-chest (Shoulderstand)

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing
Â• LESSON / Theory: Three Paths, One Goal, part two
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Fish / chin-to-chest (Shoulderstand)

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Breathing
Â• LESSON / Theory: Three Paths, One Goal, last part
Â• REVIEW / A Comprehensive Overlook
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Fish / chin-to-chest (Shoulderstand)

Block 6 / Read: page 8 - 9; 46; 61 - 62

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• QUIZ
Â• LESSON / Theory: Ashtanga Yoga - The Eight Ways, part one
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Forward Bend and Inclined Plane

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: Ashtanga Yoga - The Eight Ways, part two
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Forward Bend and Inclined Plane

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: Ashtanga Yoga - The Eight Ways, last part
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Forward Bend and Inclined Plane

Block 7 / Read: page 12 - 13; 97 - 110

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: Ayurveda - The ~~â€œ~~Science of Life~~â€~~, part one
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Lotus

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: Ayurveda - The ~~â€œ~~Science of Life~~â€~~, part two
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Lotus

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: Ayurveda - The ~~â€œ~~Science of Life~~â€~~, last part
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Lotus

Block 8 / Read: page 10 - 11

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra

Â• LESSON / Theory: The Ayurvedic Lifestyle, part one
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Cobra and Sitting Forward Bend

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: The Ayurveda Lifestyle, part two
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Cobra and Sitting Forward Bend

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
Â• LESSON / Theory: The Ayurveda Lifestyle, last part
Â• MID-TERM REVIEW / A Comprehensive Overview
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Cobra and Sitting Forward Bend

Block 9 / Read: page 19

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• MID-TERM EXAMINATION
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Locust and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Vegetarianism, part one
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Locust and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Vegetarianism, part two
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Locust and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Vegetarianism, last part
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Bow and Cat, Cow

Block 10

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Fasting, part one
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Bow and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Fasting, part two
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Bow and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Fasting, last part
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures
Â• LESSON / Theory and Practice: Bow and Cat, Cow

Block 11

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
Â• LESSON / Theory: Massage - Energizing our Body
Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Bow and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra

Â• LESSON / Theory: Bathing - Vitalizing our Body

Â• REVIEW / A Comprehensive Overlook

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Bow and Cat, Cow

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• QUIZ

Â• LESSON / Theory: Shad Kriya - The Six Purifying Techniques

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Crow and Bat; Peacock and Tree

Block 12

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Kriya Yoga - Purifying our Body and Spirit, part one

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Crow and Bat; Peacock and Tree

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Kriya Yoga - Purifying our Body and Spirit, part two

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Crow and Bat; Peacock and Tree

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Kriya Yoga - Purifying our Body and Spirit, last part

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Standing Forward Bend and Half Moon

Block 13

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Kriya Yoga - Bandhas, Closing the Internal Doors

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Standing Forward Bend and Half Moon

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Kriya Yoga - Drihti, Looking Within

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Standing Forward Bend and Half Moon

Block 14 / Re-read: page 59 - 66

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Yoga Texts - Bhagavad Gita, "Song of the Lord"

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Triangle and Dog

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Yoga Texts - Yogi Swatmarama's Hathayoga Pradipika

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â• LESSON / Theory and Practice: Triangle and Dog

Â• LESSON / Practice: Sitting Silent - The Art of Mauna and Mudra

Â• LESSON / Theory: Yoga Texts - Patanjali's Rajayoga Sutra

Â• REVIEW for FINAL EXAMINATION

Â• LESSON / Practice: Sun Salutation - The 12 Seed Postures

Â LESSON / Theory and Practice: Triangle and Dog

Block 15

Â FINAL EXAMINATION

LESSON: Theory and Practice: Purna Shava Shanti Asana

NOTE:

Each "Block" constitutes a teaching 'week'. Each subsection under a "Block" represents a teaching-day for the Monday, Wednesday, and Friday class. For the Tuesday and Thursday class, a teaching day consists of six (6) "Lesson" lines. This has been explained to the students.

Valarie Wisniewski (Yogini Sakti)

Yoga Instructor