

Las Positas College
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Course Outline for KIN YO4

YOGA 4

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN YO4 — YOGA 4 — 0.50 - 2.00 units

This course introduces the student to the advanced practice of Yoga and meditation. Students learn the practice of vigorous Vinyasa flow to improve concentration, physical endurance, flexibility, balance and posture. This course integrates Yoga philosophy and advanced breathing techniques to deepen the mind/body connection and reduce stress.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN YO1 - Yoga 1
with a minimum grade of C

KIN YO2 - Yoga 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Yoga

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KINYO1
- B. KINYO2

1. Perform a series of yoga poses that are challenging in strength, flexibility, and balance.
2. Exhibit proper posture with correct body alignment.
3. Discuss the benefits of how yoga contributes to maintaining a healthy lifestyle.

IV. MEASURABLE OBJECTIVES:

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

- A. Perform advanced Yoga poses/asana with proper body mechanics.
- B. Perform breathing techniques during an advanced Yoga practice.
- C. Demonstrate relaxation, meditation, mantra and guided relaxation exercises.
- D. Describe the eight limbs of Yoga using proper Sanskrit terminology.
- E. Analyze and evaluate the benefits of advanced Yoga practice.

V. CONTENT:

A. Advanced Yoga poses/asana

1. Standing
2. Balancing
3. Backward bending
- 4.. Twisting
5. Forward bending
6. Sitting

7. Reclining
8. Relaxation
9. Arm balancing
10. Inversions
- B. Advanced breathing (pranayama)
 1. Principles
 2. Techniques
- C. Advanced relaxation techniques
 1. Relaxation principles
 2. Guided relaxation exercises
 3. Meditation
 4. Mantra
- D. Advanced Yoga philosophy
 1. Styles of Yoga
 2. Sanskrit
 3. Eight limbs of Yoga
- E. Benefits of advanced Yoga
 1. Stress reduction
 2. Improved flexibility
 3. Enhanced mind body connection
 4. Improved balance
 5. Increased core strength
 6. Enhanced energy

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** - Individual assistance will be offered to students who have difficulty performing the advanced exercises/poses.
- B. **Demonstration** - All exercises and poses will be introduced by verbal explanation and demonstration.

VII. TYPICAL ASSIGNMENTS:

- A. Perform a traditional flow, e.g. sun salutation.
- B. Create an advanced Yoga flow for personal use.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Class Work
3. Class Performance

B. **Frequency**

Daily assessment of participation and performance

IX. TYPICAL TEXTS:

1. Kaminoff, Leslie *Yoga Anatomy*. 2nd ed., Human Kinetics , 2011.
2. Vishvketu, Yogirshi. *Yogasana: The Encyclopedia of Yoga Poses*. 1st ed., Mandala Publishing, 2015.
3. Yee, Colleen. *Yoga for Life: A Journey to Inner Peace and Freedom*. 1st ed., Atria Paperback, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students should provide their own yoga mat.
- B. Students should be wearing appropriate attire.