

Oxford College of Emory University
Division of Physical Education and Dance
PE 128 - Yoga
Spring 2004

Instructor: Charles Medlin
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MWF 9:35 - 10:25; 11:45 - 12:35; 12:50 - 1:40
Office Hours: MWF 10:30 - 11:30

I. Course Description:

This course is designed to present the basic principles of Yoga as a science of living in both its physical and spiritual aspects. The course will cover Yoga theory and philosophy, Yoga postures (*asanas*), Yogic breathing (*pranayama*), concentration (*pratyahara*), and meditation (*dhyana*)

II. Course materials:

Required text: *Total Yoga*, by Tara Fraser.

Additional required reading is on E-reserve at www.Emory.edu.*

Students will be expected to take notes and be familiar with information presented during lectures and discussions.

Props: Students will need a yoga practice mat. Mats can be purchased from the Physical Education Department, or elsewhere. Additional props (blankets, blocks) are provided for use during class only. Students who wish to buy their own props for class and home practice are encouraged to do so.

III. Attire:

Yoga is practiced barefoot. Shoes will be left at the room entrance. Any type of exercise wear, dance wear, or yoga wear is acceptable. Do not wear jeans or any other clothing which binds or restricts breathing, or which is overly loose or baggy. Do not wear loose or dangling jewelry. Students attending class in non-appropriate attire will be counted absent or late.

IV. Course Objectives:

Successful completion of this course will include:

- Familiarity with the history of Yoga and major texts from ancient to modern times.
- A basic comprehension of the theory and philosophy of Yoga as a science of living.
- Understanding and applying the basic concepts of Yoga practice.
- Practical knowledge of the *asanas* (poses) presented, and their English and Sanskrit names.
- Comprehension of anatomy and physiology as it applies to Yoga practice.
- Appreciation of the yogic lifestyle as it applies to health and well-being.
- Designing a well-rounded Yoga practice for yourself.
- Enjoying yourself!! Yoga should be fun and relaxing!

V. Course Requirements and Responsibilities:

Students will attend and actively participate to the best of their abilities. Two absences are allowed, but not encouraged. Students are responsible for material presented in class whether present, or not. Additional absences will result in a 5 point reduction in final grade per each absence.

Please be on time for class. Tardiness is disruptive and unfair to your fellow students. If possible, come five minutes early to relax, stretch, and center yourself before class begins. Two late arrivals will count as one absence.

Extenuating circumstances must be discussed with the instructor by appointment, and will not excuse the absence. However, some make-ups for replacement credit may be allowed at the discretion of the instructor, if they are addressed promptly.

Students are responsible for all information presented or discussed in class. Some information presented during lectures may not appear in assigned reading or handouts. Note-taking is encouraged.

Students are expected to develop a personal practice outside of class and practice at least twice a week in addition to class participation. Students will keep a journal recording this practice, and may be asked to present this journal for evaluation without notice.

VI. Evaluation Priority:

1. Attendance/ Participation = 30%
2. Midterm exam (written) = 15%
3. Final exam (written) = 15%
4. Practice journal = 10%
5. Personal Practice Design = 10%
6. Practical performance = 10%



VII. Grading:

- 100 - 90 = A
- 89 - 80 = B
- 79 - 70 = C
- 69 - 60 = D
- ≤ 60 = F

VIII. Calendar & Schedule:

The included calendar is a general outline for the course. It is preliminary, and subject to change, except for exam and review dates. Journals are subject to review at any time, unannounced, so please be diligent about keeping up your journal.

Mondays will be spent demonstrating and discussing individual *asanas* in some depth.

Wednesdays will involve lectures and presentations on history, philosophy, lifestyle, and non-physical practice of yoga.

Fridays will be straight Yoga practice as you might experience in a Yoga studio or *ashram*.

IX. Additional Resource Guide:

The following Texts and resources may prove to be helpful. Texts marked * are on E-reserve at:

www.emory.edu in excerpted form, and should be read. Complete texts may be placed on reserve in the library. Additional reading or browsing in these texts is encouraged.

**The Complete Illustrated Book of Yoga*; Swami Vishnu-Devananda,(Three Rivers Press, New York, NY, 1988)

**Yoga the Iyengar Way*; Mira, Silva, and Shyam Mehta (Knopf, Maryland,1990)

**Yoga the College Way: A Textbook for College Yoga*; Yvonne L. Banuet-Alvers

* *The Sivananda Companion to Yoga*; The Sivananda Yoga Center (Fireside Books, NY)

The Heart of Yoga: Developing a Personal Practice, T.K.V Desikachar (Inner Traditions International, 1995)

Journey Into Power, Baron Baptiste (Fireside, New York,2002)

Structural Yoga Therapy, Mukunda Stiles (Weiser Books, Boston, 2000)

Yoga Journal

www.YogaJournal.com

Many other resources are available at libraries and online. The bibliography in Total Yoga (course text) is very useful. You are encouraged to investigate and share any resources you find.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2004</h1>						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Orientation Distribute syllabus Discuss text, props, etiquette, journal, medical profiles. Q&A	15 Browse Text	16 Introduce text Discuss Yoga, Q&A. Sukasana * Sidhasana * Silent meditation Sun Salutation Savasana 89	17
18	19 5 min relaxation Eye Neck exercise Full Yogic Breath 111 Sun Salutation 100 Balasana 68 Leg Raises * Apanasana 76	20 Read: TY: 8-15;28,29 IW: 8 (Value of Yoga) CBY: 3-11 (chapt 1)	21 Lecture: What is Yoga?	22 Read: TY: 41-51 (chapt 3)	23 Sun Salutation Crescent Moon 66 Prayer Twist * Uttanasana 55 Trikonasana 56 Prasarita Padottanasana 58	24
25	26 5 min relaxation Single Nostril Breath Sun Salutation Sarvangasana 86 Matsyasana 88 Paschimottanasana 72	27 Read: TY: 16-,17 YCW: 61-77 IW: 164-166	28 Lecture: Origins & History	29	30 Sun Salutation Virabhadrasana I&II 60 Utkatasana * Parsvakonasana 59 Parsvottanasana 57 ParivrttaTrikonasana	31

Text:

TY= Total Yoga (Fraser)

E-Reserves:

IW= Yoga the Iyengar Way
CBY= The Complete Book of YogaYCW= Yoga the College Way
SC= The Sivananda Companion to Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2004						
1	2 Sun Salutation Anuloma Viloma1 Halasana prep 86 Inclined Plane * Sethubandhasana 77 Ardha Matsyendrasana 78	3 Read: IW- 167-169	4 Lecture: Vedanta, Samkya	5	6 Sun Salutation Yoga Practice Vrksasana 64 Utrasana 70	7
8	9 Sun Salutation Anuloma Viloma 112 Dolphin * Halasana 86 Bhujanghasana 73 Dhanurasana * Baddha Konasana 74	10 Read: CBY: chapter 2	11 Lecture: 3 Gunas 3 Bodies 5 Sheaths	12	13 Sun Salutation Yoga Practice Garudasana 65 Ardha Chakrasana 82 Janu Sirsasana *	14
15	16 Sun Salutation Kapalabhati 110 Ardha Sirshasana 84 Salambhasana * Kapotasana 80 Kakasana 83	17 Read: TY: 18,19 IW: 166, 169,170	18 Lecture Patanjali Ashtanga	19	20 Sun Salutation Yoga Practice Chakrasana 82 Parivrtta Janu Sirshasana 71	21
22	23 Sun Salutation Sirshasana 84 Gomukasana 70 Virasana 81 Supta Virasana 81	24	25 Review	26	27 Midterm Exam	28
29						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2004</h1>						
Read:TY:Chapter 8	1 Sun Salutation Yoga Practice Partner Yoga	2 Read: TY: 20-27	3 Lecture: Prana & Chakras	4	5 Sun Salutation Yoga Practice	6
7	8 <u>SPRING BREAK</u>	9 <u>SPRING BREAK</u>	10 <u>SPRING BREAK</u>	11 <u>SPRING BREAK</u>	12 <u>SPRING BREAK</u>	13
14 Read: TY: Chapter 6	15 Sun Salutation Yoga Practice Pranayama	16 Read: TY: Chapter 2	17 Lecture Diet & Nutrition	18	19 Sun Salutation Yoga Practice	20
21	22 Sun Salutation Yoga Practice Variations	23 Read: SC: 177-187	24 Lecture Anatomy & Physiology	25	26 Sun Salutation Yoga Practice	27
28	29 Sun Salutation Yoga Practice Variations	30 Read: TY: Chapter 7	31 Lecture Meditation			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2004						
				1	2 Sun Salutation Yoga Practice	3
4	5 Sun Salutation Yoga Practice Variations	6	7 Lecture	8	9 Sun Salutation Yoga Practice	10
11	12 Sun Salutation Yoga Practice Variations	13	14 Lecture	15	16 Sun Salutation Yoga Practice	17
18	19 Sun Salutation Yoga Practice Variations	20	21 Lecture - Review	22	23 Review	24
25	26 Final Exam	27	28	29	30	