

Yoga ~ Course Outline
Spring Semester 2002

Class Begins / Wednesday, January 16

- Introduction and organization of the course.
- Sign receipt of syllabus.
- Medical and fitness evaluation form.
- LESSON / Theory and Practice: Namaskara - Anjali Mudra, the Essence of Yoga
- LESSON / Theory and Practice: Sitting Silent - The Art of Mauna

Friday, January 18 (Mercury goes Retrograde for three weeks)

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory and Practice: Namaskara - Anjali Mudra, the Essence of Yoga
- LESSON / Theory and Practice: Surya Namaskara - Pose and Counterpose

Wednesday, January 23

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory and Practice: Namaskara - Anjali Mudra, the Essence of Yoga
- LESSON / Theory: What is Yoga?
- LESSON / Practice: Surya Namaskara - Pose and Counterpose

Friday, January 25

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory and Practice: Namaskara - Anjali Mudra, the Essence of Yoga
- LESSON / Practice: Surya Namaskara - Pose and Counterpose

Monday, January 28

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory and Practice: Namaskara - Anjali Mudra, the Essence of Yoga
- LESSON / Theory: What is Yoga?

Wednesday, January 30

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory and Practice: Namaskara - Anjali Mudra as the Essence of Yoga
- LESSON / Theory: History of Yoga
- LESSON / Practice: Headstand and Shoulderstand

Friday, February 1

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Headstand and Shoulderstand

Monday, February 4

- LESSON / Practice: Sitting Silent - The Art of Mauna
- APPOINTMENT / OUTSIDE EVALUATION
- LESSON / Theory: History of Yoga

Wednesday, February 6

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Branches on the Yoga Tree
- LESSON / Practice: Headstand and Shoulderstand

Friday, February 8 / Nirvana Day, Buddhist Holy Day

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Headstand and Shoulderstand

Monday, February 11

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Branches on the Yoga Tree

Wednesday, February 13 / Ash Wednesday and Losar (T. Buddhist New Year)

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: The Eight Limbs of Yoga
- LESSON / Practice: Plough and Fish

Friday, February 15

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Plough and Fish

Monday, February 18

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: The Eight Limbs of Yoga

Wednesday, February 20

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Ayurveda - A Way of Life
- LESSON / Practice: Sitting Forward Bend and Cobra

Friday, February 22

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Sitting Forward Bend and Cobra

Monday, February 25 / Purim (Jewish Holy Day)

- LESSON / Practice: Sitting Silent - The Art of Mauna
- QUIZ REVIEW

Wednesday, February 27

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

Friday, March 1

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Locust and Bow

Monday, March 4

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Ayurveda - A Way of Life

Wednesday, March 6

- LESSON / Practice: Sitting Silent - The Art of Mauna and Mantra
- LESSON / Theory: Ayurveda - A Way of Life

Friday, March 8

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Locust and Bow

SPRING BREAK

Monday, March 18

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Ayurveda - A Way of Life

Wednesday, March 20 / Vernal Equinox

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Yogic Purification for Relaxation and Health
- LESSON / Practice: Spinal Twist, Crow and Peacock

Friday, March 22

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Spinal Twist, Crow and Peacock

Monday, March 25

- LESSON / Practice: Sitting Silent - The Art of Mauna
- MID-TERM REVIEW

Wednesday, March 27 / Passover begins (Jewish Holy Day)

- LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
- MID-TERM

Friday, March 29 / Good Friday / Christian Holy Day

- LESSON / Practice: Sitting Silent - The Art of Mauna and Chakra
- LESSON / Practice: Surya Namaskara - Spinal Twist, Crow and Peacock

Monday, April 1

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Yogic Purification for Relaxation and Health

Wednesday, April 3

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Theory: Chakras - The Subtle Body
- LESSON / Practice: Standing Forward Bend and Triangle

Friday, April 5

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Standing Forward Bend and Triangle

Monday, April 8

- LESSON: Practice: Sitting Silent - The Art of Mauna
- REVIEW FINAL EXAM

Wednesday, April 10

- LESSON / Practice: Sitting Silent - The Art of Mauna
- REVIEW FINAL EXAM

Friday, April 12

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Threading the Poses

Monday, April 15

- LESSON / Practice: Sitting Silent - The Art of Mauna
- REVIEW FINAL EXAM

Wednesday, April 17

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Chakras, guided meditation

Friday, April 19

- LESSON / Practice: Sitting Silent - The Art of Mauna
- FINAL EXAM BEGINS

Monday, April 22 / Earth Day

- LESSON / Practice: Sitting Silent - The Art of Mauna
- FINAL EXAM CONTINUES

Wednesday, April 24

- LESSON / Practice: Sitting Silent - The Art of Mauna
- FINAL EXAM CONTINUES

Friday, April 26

- LESSON / Practice: Sitting Silent - The Art of Mauna
- FINAL EXAM - LAST DAY

Monday, April 29

- LESSON / Practice: Sitting Silent - The Art of Mauna
- LESSON / Practice: Surya Namaskara - Threading the Poses for Life