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## Course Outline for KIN YO3

### YOGA 3

Effective: Fall 2016

#### I. CATALOG DESCRIPTION:

KIN YO3 — YOGA 3 — 1.00 - 2.00 units

This is an intermediate/advanced Hatha Yoga course that introduces the student to a variety of Yoga styles and meditation practices. Gentle, Restorative, and Vinyasa Yoga along with various meditation techniques will be practiced, improving concentration, physical endurance, flexibility, balance, and posture. The course integrates intermediate breathing techniques to deepen the level of introspection in both poses and meditation. Basic Sanskrit terminology will be introduced. Emphasis will be placed on mindfulness and strengthening the mind/body connection.

1.00 - 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

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	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. Demonstrate intermediate/advanced Yoga poses/asana with proper alignment.
- B. Practice intermediate/advanced breathing techniques to enhance the body/mind connection.
- C. Demonstrate the appropriate use of Yoga props.
- D. Apply relaxation and meditation techniques to reduce stress and increase awareness.
- E. Differentiate between the various styles of Yoga and their application.
- F. Name a Yoga pose/asana using proper Sanskrit terminology.

#### V. CONTENT:

- A. Intermediate/advanced Yoga poses/asana in a variety of traditions.
- B. Introduction and practice of intermediate/advanced breathing techniques and principles.
- C. Integration of Yoga props into Yoga practice.
- D. Practice techniques for meditation and relaxation.
- E. Benefits of, and differences between various styles of Yoga.

F. Introduction to basic Sanskrit terminology.

VI. METHODS OF INSTRUCTION:

- A. **Classroom Activity** - Class participation
- B. **Demonstration** - Verbal explanation accompanied by demonstration
- C. **Individualized Instruction** - Individual assistance given when needed

VII. TYPICAL ASSIGNMENTS:

- A. Create a logical flow of poses/asana.
- B. Teach a logical flow of poses/asana to fellow students.

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance

B. **Frequency**

Daily assessment of participation and performance.

IX. TYPICAL TEXTS:

- 1. Yee, Colleen. *Yoga for Life: A Journey to Inner Peace and Freedom*. 1st ed., Atria Paperback, 2015.
- 2. Vishvketu, Yogrishi. *Yogasana: The Encyclopedia of Yoga Poses*. 1st ed., Mandala Publishing, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. A. Students will need to wear appropriate attire. B. Students should bring a yoga mat.