

HHPA 126 : YOGA-ALL LEVELS

Transcript title

Yoga-All Levels

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Modification and additional variation in postures for students wanting a more challenging practice, using a blend of different yoga styles. Appropriate for all levels.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of yoga to develop overall physical fitness and enhance sport activities.
3. Demonstrate techniques used to enhance flexibility and muscular endurance.
4. Develop a mind-body dialogue through breathing techniques, flowing postures, and meditation.

Content outline

• Introduction to yoga -all levels • Prepare for the traditional sun salutation with additional ujjayai breath and guided 3 Part yogic breathing (Dirga Pranayama • Flowing review of yoga movements from ashtanga A and B sun salutations plus beginning to explore the ashtanga sushumna, ida and pingala yog channels • Bikram practice of 26 poses • Restorative yin flow using bolsters and sandbags • Big ball stretching review • Contemplative flow yoga

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health