

HHPA 122 : YOGA-BEGINNING

Transcript title

Yoga-Beginning

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduces the basic techniques of yoga incorporating a wide range of yoga styles. Classes vary according to instructor offerings, which include Ashtanga, Hatha, Vinyasa, Yin, Restorative and Kundalini.

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. Establish the ability to let go of ego, judgment, expectation, and competition by means of regular yoga practice.
4. Develop a mind-body dialogue through breathing techniques, flowing postures, and meditation.

Content outline

Intro to yoga Safety and etiquette in class. Basic anatomy in foundational poses Breath introduction of yoga poses Prana and flexibility of yoga poses Posture modifications and adding yoga poses to sun salutations Vinyasa yoga poses Combining strength, balance and flexibility: building on the vinyasa Acceptance and affirmations Asana focus

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