

**Bergen Community College**  
Division of Arts, Humanities and Wellness  
Department of Wellness/Exercise Science

**Course Syllabus**

**WEX - 170 Yoga**

Semester and year: Fall 2015 Course and Section Number: WEX-170-001 and 002 Meeting Times and Locations: 001: M/F 8:20am-9:10am Main Gym      002: M/F 9:25am-10:15am Main Gym  Instructor: Ms. Heidi Stonier Phone: 201-447-7899 Office Hours: By appointment Email Address: hstonier@bergen.edu
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**Course Description**

This is an introductory level course to the practice of yoga with emphasis on flow and energy. The fundamentals of yoga practice, including meditation and breathing techniques, basic yoga postures (Asanas) and basic flow sequences (Vinyasa) will be the focus.

1 credit  
No prerequisites

**Student Learning Outcomes:** As a result of meeting the requirements in this course, students will be able to:

1. Focus attention and quiet the mind through meditative practice.
2. Breathe therapeutically through learned controlling techniques.
3. Develop proper body alignment, balance and flexibility.
4. Develop core strength and resulting grace of movement.
5. Develop a sense of union of physical, mental and spiritual states resulting in a relaxed tranquil persona.

**Student Learning Outcomes and Means of Assessment**

Student Learning Outcomes	Suggested Means of Assessment
Focus attention and quiet the mind through meditative practice.	Students will physically demonstrate selected meditative techniques and will describe the technique and associated sensations in writing.
Breathe therapeutically through learned controlling techniques.	Students will physically demonstrate selected therapeutic breathing techniques and describe in writing how these techniques aid in a relaxation

	response aiding stress management.
Develop proper body alignment, balance and flexibility.	Students will demonstrate physically proper body alignment and flexibility and describe orally or in writing how yoga benefits these attributes.
Develop core strength and resulting grace of movement.	Students will demonstrate physically proper stability of body positions and execution of flow in transition from one position to the next.
Develop a sense of union of physical, mental and spiritual states resulting in a relaxed tranquil persona.	Students will describe orally and/or in writing how yoga can contribute to a physical, mental and spiritual sense of union as a method of stress management.

### Course Content

Each class will incorporate energy and breath awareness, meditation, warm up, yoga asana, vinyasa and cool down.

- I. Introduction
  - a. Course Objectives
  - b. Course Organization
  - c. Course Requirements
    - i. Attendance
    - ii. Grading
    - iii. Assignments
- II. Introduction to Yoga
  - a. Historical Perspective
  - b. Philosophy of Yoga
  - c. Terminology
- III. Meditation
  - a. Purpose of Meditation
  - b. Techniques
  - c. Benefits
- IV. Breathing Techniques
  - a. Awareness
  - b. Complete Breath/ Three Part
  - c. Breath of Joy
  - d. Sounding Breath
  - e. Alternate Nostril Breath
  - f. Om and mantras
- V. Core Connected Movement
  - a. Warm up
  - b. Connecting III, IV, VI & VII
- VI. Asanas (Postures)
  - a. Sitting
  - b. Standing
  - c. Lying
  - d. Inversion
  - e. Resting

- VII. Vinyasa (Posture Sequences)
  - a. Sun Salutation
  - b. Moon Salutation

### **Special Features of the Course**

All students will engage in one or more writing assignments designed by the instructor. This may include a recording journal, an investigative report and /or a summative analysis of class experience as it pertains to the objectives.

### **Course Texts and/or Other Study Materials**

- Anderson, Sandra and Sovik, Rolf, Yoga: Mastering the Basics. Himalayan Institute, 2011
- Feuerstein, Georg, The Path of Yoga: An Essential Guide to its Principles and Practice. Shambala, 2011
- Kirk, Martin; Boon, Brooke; DiTuro, Daniel, Hatha Yoga Illustrated: For Greater Strength, Flexibility and Focus. Human Kinetics, 2006
- Lasater, Judith Hanson, Ph.D., Yoga Body: Anatomy, Kinesiology and Asana. Rodmell Press 2009
- Manocha, Ramesh M.D., Silence Your Mind, Hachette Australia, 2013
- Miller, Olivia H., Essential Yoga: An Illustrated Guide to Over 100 Yoga Poses and Meditations. Chronicle Books, 2003
- Patanjali, Sutras, Translation of your choice

Alternative textbooks or resources can be used by individual faculty with permission of the wellness discipline textbook committee. The Faculty Senate "Policy on the Selection of Texts and Other Instructional Materials," states that "individual faculty members and/or departments should strive to select texts, whenever possible, that are most affordable for students."

### **Grading Policy**

A grade in this course will be determined by several mechanisms. One would include physical demonstrations, reading/writing assignments such as; completion of a journal and appropriately designed exams.

- Attendance 30%
- Participation & Effort 30%
- Asana & Vinyasa demonstration 30%
- Journal & Writing Assignments 10%

### **Attendance Policy**

Students are allowed one absence per semester. After this every two absences will deduct a half a grade from their attendance and participation grade.

### **BCC Attendance Policy:**

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

## Lateness Policy & Special Requirements

Due to the sequential nature of the class and in order to prevent strain or injury, students should allow sufficient time to change and set up their mats so that they may begin class promptly. Attendance will be taken at the beginning of class. Students arriving after attendance has been taken must see the instructor after class to be marked present and late. If the student does not see the instructor they will be marked absent. Two late classes will count as an absence. It is advisable for students to purchase their own Yoga mats to bring with them to class and for use at home. For ease of movement and safety students should wear comfortable clothes no jeans, and remove bulky jewelry. It is best not to eat at least one hour before practicing Yoga postures.

## Course Calendar

Each class will incorporate breathing and meditation to clear the mind, warm up and core connected movement to prepare the body and will introduce or review 5-8 postures (asanas) or sequences (vinyasas) as listed below. Students are encouraged to practice what they are shown in class at home for 5-15 minutes per day.

Week	Topic(s)
1	Introduction to Yoga/The Subtle System & Chakras, Mediation, Awareness of Breath, Asanas with Emphasis on Energy
2	Mediation & Pranayama, Alignment and Asana associated with 1st Chakra, Introduction of Core Connected Movement
3	Mediation & Pranayama, Alignment and Asana associated with 2 <sup>nd</sup> Chakra, Asanas & Vinyasas with Emphasis on Balance and Hips <b>Journal samples and one- two page summary due</b>
4	Mediation & Pranayama, Alignment and Asana associated with 1st Chakra and 2 <sup>nd</sup> Chakra, Asanas & Vinyasas with Emphasis on Balance and Hips
5	Mediation & Pranayama, Alignment and Asana associated with 3 <sup>rd</sup> Chakra, Asanas & Vinyasas with emphasis on Lumbar & Thoracic Spine
6	Mediation & Pranayama, Alignment and Asana associated with 4 <sup>th</sup> Chakra, Asanas & Vinyasas with emphasis on Lumbar & Thoracic Spine <b>Journal samples and one- two page summary due</b>
7	Mediation & Pranayama, Alignment and Asana associated with 4th Chakra, Asanas & Vinyasas with emphasis on Lumbar & Thoracic
8	Mediation & Pranayama, Alignment and Asana associated with 3rd Chakra and 4th Chakra Chakra, Asanas & Vinyasas with emphasis on Asanas & Vinyasas with emphasis on Lumbar

	& Thoracic Spine
9	Mediation & Pranayama, Alignment and Asana associated with 5 <sup>th</sup> Chakra, Asanas & Vinyasas with Emphasis on Cervical Spine, Throat <b>Journal samples and one- two page summary due</b>
10	Mediation & Pranayama, Alignment and Asana associated with 6th Chakra, Asanas & Vinyasas with Emphasis on Cervical Spine, Throat, Eyes,
11	Mediation & Pranayama, Alignment and Asana associated with 7th Chakra, Asanas & Vinyasas with Emphasis on Cervical Spine, Throat, Eyes and Brain
12	Mediation & Pranayama, Alignment and Asana associated with the 5 <sup>th</sup> . 6 <sup>th</sup> and 7th Chakra <b>Journal samples and one- two page summary due</b>
13	<i>Asana/Vinyasa Demonstration &amp; Assessment</i> <b>Complete Journal &amp; 2-page evaluation due</b>
14	<i>Asana/Vinyasa Demonstration &amp; Assessment</i>
15	<i>Asana/Vinyasa Demonstration &amp; Assessment</i>

Course sequence and content are subject to change without notice as emphasis on course content may vary.