

# **Common Course Outline**

## **PELF 100**

### **Yoga I**

**1 Credit**

## **Community College of Baltimore County**

### **Description**

**PELF 100 – Yoga I** introduces students to the practice of hatha yoga, which is the yoga of movement. Class emphasis is on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance well-being through the union of mind, body and spirit.

**1 Credit**

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. explore body movement with anatomical integrity;
2. identify basic asanas by name;
3. coordinate breath with movement;
4. apply the yoga principles of alignment to the performance of each asana;
5. demonstrate appropriate safety behavior;
6. explore the use of props in ways that benefit practice;
7. demonstrate enhanced muscular strength, endurance, flexibility and balance;
8. demonstrate increased body awareness and self-correction;
9. experience greater ease in daily activities through the application of yoga;
10. demonstrate the discipline of yoga through class and outside practice;
11. describe how yoga is related to physical, emotional, mental, environmental, social and spiritual well-being; and
12. construct a personal yoga practice to promote well-being of body, mind, and spirit.

### **Major Topics**

- I. Yoga as a process for developing body, mind and spirit.
- II. Practice of yoga asanas (postures) including standing, seated, reclining, back bending, forward bending, twisting and restorative
- III. Breath awareness as experienced in asana, pranayama and meditation
- IV. Principles of alignment
- V. Relaxation (various postures for tension release and restoration)
- VI. History of yoga and the philosophical foundation
- VII. Diet: the three gunas
- VIII. Personal yoga practice

### **Course Requirements**

### **Grading/exams**

Grading procedures will be determined by the individual faculty member but will include the following:

- Attendance and active participation is expected in every class
- Minimum of two self-reflective writing assignments
- Written home practice plan

Written Assignments: Students are required to use appropriate academic resources.

Date Revised: 11/07//2017