

# Common Course Outline

PELF 101

**Yoga II**

**1 Credit**

## Community College of Baltimore County

### Description

**PELF 101—Yoga II** is for students who have completed Yoga I or have prior hatha yoga experience, and have working knowledge of basic alignment cues in standing poses. Yoga II students learn additional poses and pranayama (breathing exercises), while they refine and develop their practice, lengthen concentration, and expand self-awareness. Emphasis is placed on yoga as a system for the exploration of body, mind, 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. adjust asana technique to adapt to their anatomical potential and skill level;
3. demonstrate flexibility, strength, and endurance in the performance of the yoga asanas;
4. demonstrate body awareness and physical refinement in order to effectively perform yoga asanas;
5. apply the yoga principles of alignment to the performance of each asana;
6. demonstrate increased body awareness by applying internal feedback for self-correction;
7. demonstrate appropriate safety behavior;
8. explore the use of props to support yoga asanas;
9. describe how yoga is related to physical, emotional, mental, environmental, social and spiritual well-being;
10. demonstrate focused attention during asana, pranayama and meditation;
11. plan appropriately sequenced and thorough weekly yoga practice sessions outside of class; and
12. demonstrate motivation, self-discipline and self-reliance with respect to individual practice through a practice journal.

### Major Topics

- I. Review and refinement of basic asanas
- II. In-depth practice of more advanced asanas and preparations for inversions
- III. Active engagement of body and chakra energy in asana practice
- IV. Pranayama
- V. Meditation/concentration
- VI. Diet: Ayurveda

- VII. Personal yoga practice
- VIII. Yoga history and philosophy

## **Course Requirements**

### **Grading/exams**

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

- Attendance and active participation in class activities and discussion
- Outside practice recorded in a weekly yoga journal
- A minimum of 2 (two) written assignments such as goal setting, self-assessment, or reading assignment reflection

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

Date Revised: 09/14/2017