

Common Course Outline

PELF 143

Hatha Yoga

2 Credits

Community College of Baltimore County

Description

PELF 143 – Hatha Yoga introduces students to the practice of hatha yoga, which is the yoga of movement. Class emphasis will be on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance well-being of body, mind, and spirit. This course incorporates expanded instructional time and provides an opportunity for students to engage deeply in the practice of yoga.

2 Credits

Overall Course Objectives

Upon completion of this course students will be able to:

1. discuss the history and philosophy of yoga;
2. identify the basic asanas by name;
3. apply the yoga principles of alignment to the performance of each asana;
4. demonstrate effective breathing and coordinate breath with movement;
5. apply the yoga principles of alignment to the performance of each asana;
6. demonstrate body awareness and the ability to apply instructor guidance to refine asana performance and posture;
7. perform basic yoga asanas at a beginning competency;
8. demonstrate appropriate safety behavior;
9. explore the use of props in ways that benefit practice;
10. express their growth in poise, strength, flexibility, and balance;
11. hold the postures for a longer time;
12. demonstrate improved ability to focus and concentrate;
13. describe changes in stress level and mental perception of life events;
14. independently lead themselves through an effective yoga session;
15. describe how yoga is related to physical, emotional, mental, environmental, social and spiritual well-being; and
16. describe a transformation in thinking patterns that result in a more positive attitude toward the demands of life.

Major Topics

- I. Philosophy of yoga as a system for developing body, mind, and spirit
- II. History of Hatha yoga

- III. Practice of yoga asanas (postures) including standing, seated, reclining, back bending, forward bending, twisting and restorative
- IV. Principles of alignment
 - V. Breath awareness as experienced in asana, pranayama, and meditation
- VI. Relaxation (various postures for tension release and restoration)
- VII. Diet: Ayurveda
- VIII. Personal yoga practice
- IX. The community of yoga
 - X. The transforming effects of yoga for well-being

Course Requirements

Grading/exams

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

- Attendance and active participation in practice and discussion
- A minimum of two-reading and two writing assignments
- A written home practice plan

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

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