

YOGA (YOG)

YOG 100 De-stressing with Meditation (1 Credit)

15 lecture, 1 total contact hours

In this course, students will learn how gentle yoga, meditation, and mindfulness practices are used to manage and reduce stress. Students will spend time exploring and practicing beginner level breathing exercises, meditation practices, mindfulness exercises, and the effect these have on regulating the nervous system and the stress response. Students will practice these concepts at home and reflect upon their experience in the form of a journal. Level I Prerequisite: Academic Reading Level 3; Academic Writing Level 2

YOG 101 Yoga I (2 Credits)

30 clinical/other, 2 total contact hours

In this course, students will explore introductory practices and philosophy of Hatha Yoga. Hatha yoga is a progressive practice of eight disciplines referred to as limbs. The eight limbs include: social restraints, personal observances, yoga postures, breath regulation, withdrawal of the senses, single pointed focus, full absorption and enlightenment. The philosophy of the eight-limbed path of Hatha yoga is complete liberation from human suffering. Students will be able to identify the eight limbs and demonstrate posture, breath regulation and meditation practices. Level I Prerequisite: Academic Reading Level 3; Academic Writing Level 2

YOG 102 Yoga II (2 Credits)

30 clinical/other, 2 total contact hours

In this course, students will deepen their understanding of Hatha Yoga through the exploration of introductory and intermediate Hatha Yoga practices and philosophies. Hatha Yoga is a practice that seeks to achieve balance by quieting the mind and purifying the body, and offers a path to achieve liberation or freedom from suffering. Students will be able to identify new yoga philosophy concepts and demonstrate further refinement of posture, breath regulation, and meditation practices. This course is the second part of a two-course sequence on the application of fundamental disciplines and postures in yoga. Level I Prerequisite: Academic Reading and Writing Levels of 6; YOG 101 minimum grade "C"