

HPE* K266 – Therapeutic Yoga

John Benbow

Office: F111-2

Phone: 860-984-4616

Office Hours: by appointment

jbenbow@trcc.commnet.edu

Prerequisite: None

COURSE DESCRIPTION:

This is a survey class that provides an introduction to the methods used in the up and coming field of Yoga Therapy. The objective is to assess and help balance the body to more move more fluidly and recover from injury and disease. We frequently have over-used a muscle, had a minor accident or perhaps an Outpatient surgery but want to continue or begin a yoga practice to keep ourselves centered in our world. We will investigate postural and Range of Motion assessment techniques and understand how to modify poses with props to make them generally accessible to every body. We also may be disconnected in our bodies and we will look at Ayurveda, the Yogic “science of the body,” as a means to analyze and gain insight into our body’s rhythms. This class will cover basic bone and muscle anatomy as it applies to yoga postures (asana) and instruct in the proper use of props to modify many yoga poses.

COURSE OBJECTIVES:

- Understand basic bone and muscle anatomy as it relates to physical movement with a particular emphasis on the hips, spine and shoulders.
- Understand the anatomical components of basic yoga asanas with particular focus on alignment for safety.
- Understand how common injuries could impact a yoga practice and when to modify a pose.
- Learn the basic yoga props and how they are best applied to modify and enhance a yoga experience.
- Understand the mechanisms of muscle stretching and how to apply them to lengthen muscles.
- Develop a basic understanding of the science of Ayurveda, the three doshas and how they interact.
- Determine their constitution (dosha) through self-analysis.
- Understand the principles of conducting an assessment and how to apply the information as a tool for yoga therapy.
- Understand the concepts of fascia, how to loosen this connective tissue and why it is important.
- Understand the concepts of Thai massage, how it is different from traditional massage, and realize the therapeutic benefits it offers.

- Develop breathing techniques that can be used to regulate body temperature and to access the parasympathetic nervous system.
- Understand the value of restorative yoga as a mechanism to allow full relaxation and healing of the body.
- Enhance body awareness through a weekly yoga practice.
- Experience the connection of body/mind/spirit through a yoga practice.
- Understand the value of Final Relaxation (Savasana) in a yoga practice.

INSTRUCTIONAL MATERIALS:

Required materials:

Bring a thick bath towel and a yoga mat if you have one. Blocks, straps, and foam rollers are provided.

Text: No text. There will be handouts in class.

NOTES ON THE COURSE AND ASSIGNMENTS:

A journal and attendance will be required from each student as the work product of the class. **There are NO make-up sessions. If a majority of the sessions are missed in the Module, the student will be given a “UF” grade.**

COURSE REQUIREMENTS AND ASSIGNMENTS:

Each student is expected to attend each practice session and a weekly journal entry is to be turned in on the days indicated below. The journal can be electronic or hard copy and illustrate the student's understanding of yoga therapy, alignment principles and how props assist a practice. It is expected that some reflection on the activities of the classes in that period will be included. The journal may also reflect changes in the student's yoga practice over the course of the session. **The journals are due on the following dates: 11/19; 11/30; 12/7; 12/14; 12/20, the day after the last class (e-mail is preferred method).**

ACADEMIC MISCONDUCT:

The instructor has primary responsibility for the control over classroom behavior and maintenance of academic integrity, and can request the temporary removal or exclusion from the classroom of any student engaged in conduct that violates the general rules and regulations of the institution. Extended or permanent exclusion from lecture or laboratory activities or further disciplinary action can only be effected through appropriate procedures of the institution.

Plagiarism, cheating on quizzes or tests or any form of academic dishonesty is strictly prohibited. Students guilty of academic dishonesty directly or indirectly will receive a zero for the exercise and may receive an “F” grade for the course in addition to other possible disciplinary sanctions that may be imposed through the regular institutional procedures. Any student that believes that he or she has been erroneously accused may appeal the case through the appropriate institutional procedures if their grade was affected.

MAKE-UP WORK:

There are NO make-up sessions. If a student misses a practice session, appropriate make-up work may be granted on an individual basis only following a conference with the instructor; where the reason(s) for missing the practice must be determined to be mitigating circumstances beyond the control of the student such as illness, death in the family or change in the condition of employment. **If three or more sessions are missed in the Module, the student will be given an “N”.**

REVISIONS TO THE SYLLABUS:

Students are responsible for learning all of the objectives and all of the items in the course outline whether they are discussed in lecture or lab or not. The instructor reserves the right to revise the objectives, topic outline or academic schedule contained in the syllabus without notice. However, if revisions affect scheduled unit tests, a 48-hour notice will be given for the new test date.

CELLULAR PHONES AND BEEPERS:

Cellular phones and beepers are ONLY allowed in class or lab if they are **turned off** or in silent mode. Under NO circumstances are phones to be answered in class. When there are extenuating circumstances that require that a student be available by phone or beeper, that student must speak to the instructor prior to the class, so that together they can arrive at an agreement.

SPECIAL NOTICE:

If you have a disability that may affect your progress in this course, please meet with a Disability Service Provider (DSP) as soon as possible. Please note that accommodations cannot be provided until you provide written authorization from a DSP.

TRCC Disabilities Service Providers Counseling & Advising Office Room A-119	
Matt Liscum (860) 383-5240	<ul style="list-style-type: none">• Physical Disabilities• Sensory Disabilities• Medical Disabilities• Mental Health Disabilities
Chris Scarborough (860) 892-5751	<ul style="list-style-type: none">• Learning Disabilities• ADD/ADHD• Autism Spectrum

DIGICATION

All students are required to maintain an online learning portfolio using a TRCC designed template. Through this electronic tool, students can see their own growth in college-wide learning. The student can keep and continue to use the Digication account after graduation. A Three Rivers General Education Assessment Team will select random works to improve the college experience for all. No names will be attached to the assessment work; it will remain private and anonymous for college improvement purposes. In class outlines, students will find recommended assignments that support

various college-wide learning abilities. The student will have a tool that can integrate their learning from the classroom, school, and life and allow for another opportunity of learning at TRCC! Students will be able to make multiple portfolios.

CLASS CANCELLATION:

You will be notified via e-mail in the event of a class cancellation.

SUMMARY OF EVALUATION CRITERIA:

Requirement	% of total
Class participation	80
Journal	20

CLASS TOPICS:

Nov 14	Anatomy of Major Bones and Range of Motion (ROM) of Joints Muscles of the Spine and "Core" and Spinal ROM through practice
Nov 16	Fascia – foam roller class; Handouts
Nov 21	Back-focused therapeutic asana practice. Journal due
Nov 28	Postural and Range of Motion assessments; analysis as homework
Nov 30	Postural and Range of Motion assessments (cont.) Journal due
Dec 5	Hip-focused therapeutic asana practice.
Dec 7	Shoulder-focused therapeutic asana practice. Journal due
Dec 12	Prop-based asana practice; introduction to Ayurveda
Dec 14	Thai massage – discussion, demo and practice; what poses are being done in the massage by the giver and/or receiver? Journal due
Dec 19	Personal dosha analysis; Final journal due Dec 20