

## HPE\* K267 – Pranayama and Meditation

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Prerequisite: None

### COURSE DESCRIPTION:

This class will focus on five of the eight limbs of Yoga that were defined by Patanjali more than 5000 years ago in India. The ancient physical and philosophical practice of yoga is a system that can help manage stress and improve our overall wellness in a high-paced world. We will explore how we breathe and practice various breathing techniques (pranayamas) that can be used to affect mood and physiology. We will also study the various practices of meditation as a means of becoming more grounded and centered, finding a calm state that we can carry with us into our day. Each class will include a series of postures (Asana) as a warm up followed by Pranayama (mindful breathing) practice and then ending each session in a form of meditation.

### COURSE OBJECTIVES:

- Understand the fundamental history of yoga and be conversant with the basic Sanskrit terms most commonly associated with yoga (i.e., Asana, Pranayama, Astanga, Chakra, etc.).
- Develop an understanding of how a yoga practice can balance one's body, mind and spirit.
- Understand the Eight-limb (Astanga) path of yoga as described by Patanjali.
- Understand the aspects of the Autonomic Nervous System and how different types of breathing relate to them.
- Develop an understanding of how a yoga practice can manage stress levels by activating the parasympathetic nervous system.
- Learn about the "Essential" breath, how to access it and practice routinely to appreciate the affects to a body's wellbeing.
- Learn a standard yoga warm-up that will relax the body and provide improved flexibility for optimal breathing.
- Learn various energizing and calming breathing practices (pranayamas) as a means of creating balance within the body.
- Learn the various ways to "sit" for a breathing practice and for meditation.

- Understand the concepts and principles behind meditation and utilize them in the weekly meditation practice.
- Learn the various forms of meditation and understand how each can provide the benefits of meditation.
- Explore Yoga Nidra (yogic sleep), guided meditation and breath-based meditation methods.
- Experience the connection of body and mind through a yoga practice.
- Understand the value of Final Relaxation (Savasana) in a yoga practice.
- Develop an appreciation for journaling as a means of exploring all aspects of a yoga practice.

#### INSTRUCTIONAL MATERIALS:

##### Required texts:

“The Breathing Book” – Donna Farhi, St. Martin’s Griffen. – ISBN 978-0805042979

“Secrets of Meditation: A Practical Guide to Inner Peace and Personal Transformation” – Davidji, Hay House. - ISBN 978-1401940300

#### 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.**

#### COURSE REQUIREMENTS AND ASSIGNMENTS:

Each student is expected to do the reading prior to the class and will attend each practice session. The journal may be electronic or loose-leaf hand-written and should provide an overview of the breathing practices and meditation techniques covered in that week’s class, along with their own experience and views of progress in their own personal practice. **Journal entries are due on the following dates: 3/12, 3/26, 4/2, 4/9, 4/15.**

#### 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.

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

## 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 AND READING ASSIGNMENTS:

Oct 2	Intro and general practice. "The Essential Breath/The Breath that Moves Us" - DF pp 3-45  "Experiences in Meditation"; "Five Myths of Meditation"; "Cultivating a Daily Meditation Practice" – Chapters 12-14 Davidji pp 171-204
Oct 7	"The Anatomy of Breathing" - DF pp 47-68  "Awakening to New Possibilities" – Chapters 1-3 Davidji pp 5-63
Oct 9	The Benefits of Meditation – Davidji 37-55
Oct 14	"Catching Your Breath" pp DF 69-106  "Secrets of Bodymind Meditation" Davidji pp 57-66
Oct 16	"Room to Breathe" - DF pp 107-144  "Secrets of Visual Meditation" Davidji pp 67-76
Oct 21	"Breathing Deeper" - DF pp 145-161  "Secrets of Sound Meditation" – Davidji pp 77-91
Oct 23	"Minding the Breath" - DF pp 181-198  "Secrets of Energy Meditation" – Davidji pp 93-110
Oct 28	"Breathing for Health Conditions" - DF pp 199-228  "Secrets of Sensory Meditation" – Davidji pp 111-128
Oct 30	"Secrets of Buddhist and Mantra Meditation" – Davidji 129-162

Nov 4

“Secrets of Chanting Meditation” – Davidji pp 163-168; Journals  
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