

## HPE\* K261 – Yoga

John Benbow

Office: F111-2

Phone: 860-984-4616

Office Hours: by appointment

[jbenbow@trcc.commnet.edu](mailto:jbenbow@trcc.commnet.edu)

Prerequisite: None

### COURSE DESCRIPTION:

This class serves as an introduction to the ancient physical and philosophical practice of yoga, a practical system that can help manage stress and improve our overall wellness in a high-paced world. Using the subtle energy system comprised of the seven Chakras as our guide, each week will explore the qualities of a new center as it applies to our life and to our yoga practice. A portion of the practice will introduce the Chakra and we will discuss the fundamental aspects of several postures (Asana) that help to achieve balance with that Chakra. Each class will conclude with a full Asana and Pranayama (mindful breathing) practice with time at the end for journaling.

### 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.
- Understand the principles of the Subtle Energy system.
- Learn the seven major Chakras, their Sanskrit name, their associated symbols, corresponding principal elements, organs of sense and expression and major attributes to a body's wellbeing.
- Understand the basic principles of alignment of the physical body in terms of anatomy and muscle balance and how this can affect Chakra function.
- Learn how to return a body to alignment as a means of creating balance within the body.

- Learn the principles of a yoga practice that incorporates Pranayama, Asana and Meditation (Dhyana).
- Understand how specific Asana are related to certain Chakras.
- Develop body awareness through the breakdown of Chakra-specific Asana and through the weekly yoga practice.
- 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:

“Chakra Yoga” – Alan Finger, Shambhala Publications Inc. – ISBN 978-1590302552

“Chakra Balancing Workbook,” Anodea Judith, Sounds True Incorporated – ISBN 978-1591790884

##### Texts on Reserve:

“The Subtle Body: An Encyclopedia of Your Energetic Anatomy,” Cyndi Dale (1 copy on reserve).

#### 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 and bring their journal. The journal should provide an overview of each Chakra and identify 5 Asana from that week’s yoga practice that directly relate to that week’s Chakra, along with an explanation of why those Asana were chosen. The journals are **due by Tuesday, October 18 at 4:30 PM.**

#### 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 “I”.**

#### 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 visible or hidden disability that may require classroom, lab and/or test-taking modifications, please see me as soon as possible. If you have not registered with Chris Scarborough, learning specialist or a counselor in the Student Services Department Center, you must do so early in the semester.

#### 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

CLASS TOPICS AND READING ASSIGNMENTS:

Sept 12 – Muladhara (Root) Chakra – CY pp 1-36; Workbook pp 8-20.

Sept 19 – Svadisthana (Navel) Chakra – CY pp 37-52; Workbook pp 21-30.

Sept 26 – Manipura (Solar Plexus) Chakra – CY pp 53-70; Workbook pp 31-40.

Oct 3 – Anahata (Heart) Chakra – CY pp 71-84; Workbook pp 41-52.

Oct 10 – Vissudha (Throat) Chakra CY pp 85-98; Workbook pp 53-63.

Oct 17 – Ajna (Brow Center) and Sahasrara (Crown) Chakras CY pp 99-128;  
Workbook pp 64-87.