

## HPE\* K266 – Therapeutic Yoga

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Prerequisite: None

### COURSE DESCRIPTION:

This class provides an introduction to the methods used to tailor a yoga practice to our bodies as they move along life's path. We frequently have over-used a muscle, had a minor accident or perhaps an Outpatient surgery but want to continue our yoga practice to keep ourselves centered in our world. 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 asana 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 facilitate muscle lengthening.
- Develop breathing techniques that can be used to regulate body temperature and to access the parasympathetic nervous system.
- Understand the principles of the Subtle Energy system.
- Understand the value of restorative yoga as a mechanism to allow full relaxation and healing of the body.
- Develop a yoga practice that incorporates asana, pranayama, and meditation (Dhyana).
- 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.

- Develop an appreciation for journaling as a means of exploring all aspects of a yoga practice.

#### INSTRUCTIONAL MATERIALS:

Required materials:

Yoga Bolster and Yoga Blanket (Yoga block, strap and mat are provided).

Suggested text:

“Yoga Anatomy,” Leslie Kaminoff – ISBN-13: 978-0-7360-6278-7.

#### 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 attend each practice session and bring their journal. The journal should illustrate the student’s understanding of alignment principles and how props assist a practice. The journal will also reflect changes in the student’s yoga practice over the course of the session. The journals are **due by Thursday, May 10 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
Journal	20

#### CLASS TOPICS:

March 28 – Bone Anatomy of Major Bones and Range of Motion (ROM) of Joints. Muscles of the Hip and Hip ROM. Hip-focused therapeutic asana practice.

April 4 – Muscles of the Spine and “Core” and Spinal ROM. Back-focused therapeutic asana practice.

April 11 – Muscles of the Shoulder and Shoulder ROM. Shoulder-focused therapeutic asana practice.

April 18 – Muscles of the lower extremities and Knee and Ankle ROM. Yoga block-based asana practice.

April 25 – Muscles of the Upper extremities and Elbow, Wrist and Neck ROM. Yoga Strap-based asana practice.

May 2 – Principles behind a Restorative Yoga practice. Yoga bolster and wall-focused asana practice.

May 9 – Breathing practices and use in a therapeutic setting. General asana practice.