

DEPARTMENT OF PHYSICAL EDUCATION

INTERMEDIATE YOGA

PHED 2694

Instructor: Coline Kali Morse - cmorse@barnard.edu or kali@iyiny.org
Office: 206A Barnard Hall

COURSE DESCRIPTION

Asana yoga practice is a scientific system for integrating the body and the mind using the breath as the link. Through the practice of asanas or poses students will learn to increase flexibility and strength and develop a personal practice to suit their individual needs. The students will be encouraged to move in a self-paced manner to support a comfortable and mindful exploration of the poses. The course will emphasize both form and benefits to the external and internal body. In all asana practice the spine will be emphasized.

COURSE OBJECTIVES

- Greater emphasis on standing and balancing asanas that create strength in the lower body and expansion in the torso while improving posture and endurance.
- Greater emphasis on deepening the experience of the breathing practices and meditation.
- Introducing basic principles of anatomy and physiology when practicing asanas.
- Encouraging attunement with ones own inner intelligence and allowing that intelligence to reveal the depth of experience of the pose.

COURSE REQUIREMENTS Students must:

- Be in class dressed and ready to participate on time. Attendance is taken at the start of class.
- Be appropriately dressed in exercise wear (e.g. tights, bike shorts, athletic bra, T-shirt, etc.). If you are not appropriately dressed, you will not be permitted to participate in the class – that means you are absent.
- Use the restroom BEFORE the class begins
- Adhere to the attendance and lateness policies of the Barnard Physical Education Department. (See Attendance Policy Handout).

TENTATIVE COURSE OUTLINE

- Orientation, review of hatha yogic philosophy, use of props, warm-ups.
- Review of pranayama practices: deergha swaasam (3 part breath), nadhi suddhi (alternate nostril breathing), and kapaalabati (rapid abdominal breathing)
- Introduction of ujjayi breathing practice (hissing breath).
- Introduction of more advanced variations in sun salutation.
- Mechanism of breathing: continue to examine and discuss the anatomy and physiology of breathing.
- Working with sequencing of poses to use in home practice.

- Continue to experience the class as a meditative flow, one set of asanas naturally transitioning into another.
- Working more with core strength to support moving into practicing inversions.
- Working with inversions: sarvangasana with variations and introduction to sirshasana (headstand).
- Alternative practice for when the body may be moderately compromised due to minor injury or normal physiological cycles.
- Partner Work
- Visualization as a tool to deepen ones attention to subtle energy flow.
- Using mantras (thoughts or intentions expressed as sound) to steady and focus the mind.