

**BARNARD COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**YOGA SCULPT**

Instructor: **Lisa Northrop**

Office: 204 Barnard Hall

Telephone: x4-6958 E-mail: [Lnorthrop@barnard.edu](mailto:Lnorthrop@barnard.edu)

[www.barnard.edu/fitbear](http://www.barnard.edu/fitbear)

**Course Description**

Yoga Sculpt combines the flexibility and strengthening aspects of Hatha yoga with basic strength training to tone the major muscle groups. Yoga postures are taught in a traditional series with the inclusion of breathing and relaxation techniques to tone and revitalize the body. Strength-training and abdominal exercises are included in each class. Yoga philosophy, Sanskrit terms, chanting, and meditation are not included.

**Course Objectives**

- Adhere to the guidelines of the Physical Education Department's Attendance Policy (see handout).
- Learn beginning and intermediate yoga postures.
- Learn and practice breathing and relaxation techniques.
- Build strength while learning proper body alignment.

**Course Requirements**

- Be in class dressed and ready to participate on time. Attendance is taken at the beginning of class.
- Be properly dressed in workout wear (e.g., tights, shorts, athletic bra, T-shirt etc.).
- Bring a water bottle, and use the restroom BEFORE class begins.

**Tentative Weekly Schedule**

- 1 Orientation, tour of facilities, and introduction to Yoga Sculpt.
- 2 Introduction to Sun Salutations and basic strength-training with dynabands.
- 3 Learn correct techniques for abdominal exercises and push-ups.
- 4 Learn standing postures (Warrior, Triangle, Chair poses).
- 5 Introduction to balancing poses.
- 6 Midterm time: deep relaxation and poses of restoration.
- 7 Refining the poses using props (i.e. blocks).
- 8 Incorporate postures into a "Yoga Flow" class.
- 9 Intermediate postures: challenging strength and balance (Plank, Downward Dog Split).
- 10 More challenging postures and their modifications: (Shoulder Stand).
- 11 Building stamina with strength-training variations and challenges.
- 12 Review and practice what we have learned.
- 13 Moving your practice into the future: Information about different styles of yoga.