

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

**YOGA**

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**COURSE DESCRIPTION**

This course is an introduction to Hatha Yoga, which focuses on the development of the physical body through asanas, or poses, that increase flexibility and strength. In allowing the practitioner to move in a self-paced manner, a comfortable and steady balance in the body is achieved without stress or strain. As a result, the body and mind are relaxed and revitalized.

**COURSE OBJECTIVES** Students will:

- *Adhere to the attendance requirements of the Physical Education Department.*
- Learn beginning and intermediate asanas of Hatha Yoga practice.
- Learn and practice meditation, breathing and stress reduction techniques.

**COURSE REQUIREMENTS** Students must:

- Be in class dressed and ready to participate on time. Attendance is taken at the start of class.
- Be properly dressed for yoga practice (e.g. tights, bike shorts, athletic bra, t-shirt, etc.). No pajamas. If you are not appropriately dressed, you will not be permitted to take class and are marked absent.
- Bring a water bottle, and use the restroom **BEFORE** class begins.

**TENTATIVE WEEKLY SCHEDULE**

- 1 Orientation to the course, tour of facilities, and basic yoga philosophy.
- 2 Introduction of Opening Chant, Netra Vyayamum (eye movements) and Soorya Namaskaaram.
- 3 Introduction of Standing Poses (i.e. Trikonasana, Virabhadrasana II).
- 4 Backward and forward bending poses (i.e. Poorva Nauasana, Paschimotanasana).
- 4 Introduction of Pranayama (breathing exercises) and meditation.
- 6 Deep relaxation class (Yoga Nidra).
- 7 Refining the poses using props (i.e. blocks).
- 8 Continued work on asanas and emphasis on balancing poses.
- 9 Vinyasa style—poses flowing one into the next.
- 10 Introduction to inversions (i.e. Sarvangaasana-(Shoulder Stand)).
- 11 More challenging asanas (i.e Side Plank).
- 12 Concentration on refining the asanas.
- 13 Bringing it all home, thoughts on the practice, and information on different yoga styles.