

# PHED 21C: ADVANCED HATHA YOGA

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Flexibility & Stability family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Acknowledgement of basic yoga principles emphasis on physical aspect of safe Yoga practice.

## Description

A combination of the traditional forms of yoga woven into one powerful all-inclusive practice. Postures are combined into a vigorous, flowing series, linking one movement to the next, building strength, flexibility, and endurance.

## Course Objectives

The student will be able to:

- identify concepts and principles of the full range of advanced hatha yoga
- demonstrate proper technique in the physical postures of advanced hatha yoga
- integrate the five pillars of advanced hatha yoga
- practice the 11 posture series and sequences of advanced hatha yoga
- reduce stress both mentally and physically through conscious redirection of mental focus and attention
- explore meditation for truthful living
- understand the importance to perform and practice yoga independently as a life-long pursuit

## Course Content

- Principles and methods of the discipline of advanced hatha yoga
  - breathing techniques
  - posture and alignment
  - historical and cultural foundation
  - philosophy
  - development of character
  - thoughtful and compassionate social interaction
  - union of body, mind, and spirit
- Advanced physical postures
  - traditional syllabus of advanced poses: standing, inverted, forward bends, twists, shoulder stretches, pelvic openers, strength, inverted spinal, seated, lower back strengtheners, waist bends, and back bending

- practice in increasing the duration of advanced sequences such as the sun salutations and warrior series
  - movement routines modifiable and designed specifically for advanced levels
  - training in inversions and increased duration of inversion series
  - using props and partners to advance skills
- Five pillars of advanced yoga
    - breath: introduction of advanced rhythmic breathing techniques
    - heat: practice of proper warm up to prepare the body for the combination of motion and breath that melts away tension
    - flow: execution of movement where each pose flows right into the next creating a melding of fluid and flexible strength, mental focus, deep breathing, and stability in motion
    - drishti (gaze): learning to fuse the eyes to one point to calm the nervous system and bring the mind from distraction to direction
    - core stabilization: focus on building core power and torso stability
- Stress reduction
    - diverse techniques and styles of relaxation to calm the mind
  - diverse techniques and styles relaxation to rest the body
- Personal private practice
    - student will be helped in designing personal routines that help with individual physical problems, ailments, and limitations
    - student will be helped through demonstrations and modifications of exercises to achieve an appropriate personal and individual practice

## Lab Content

Laboratory content may include but is not limited to:

- Integration Series: Presence
- Sun Salutations: Awakening
- Warrior Series: Vitality
- Balance Series: Equanimity
- Triangle Series: Grounding
- Backbending Series: Igniting
- Abdominal Series: Stability
- Inversion Series: Rejuvenation
- Hip Series: Opening
- Forward Bending Series: Release
- Surrender to Gravity Series: Deep Rest

## Special Facilities and/or Equipment

- Appropriate exercise wear, one yoga mat.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

- Skills and techniques will be assessed by direct instructor observation
- Committed and regular participation
- Oral or written skill tests
- Final examination
  - performance of physical postures
  - graded on level of preparedness and ability to attend, concentrate, and focus

## Method(s) of Instruction

Demonstration, discussion, group practice.

## Representative Text(s) and Other Materials

Brown, Christina. The Modern Yoga Bible. Walking Stick Press, 2017.

Rector, Skip. Yoga. 2017.

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Optional reading and writing exercises as recommended by instructor.

## **Discipline(s)**

Physical Education