

PHED 21C: ADVANCED HATHA YOGA

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	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:

1. Identify concepts and principles of the full range of advanced hatha yoga
2. Demonstrate proper technique in the physical postures of advanced hatha yoga
3. Integrate the five pillars of advanced hatha yoga
4. Practice the 11 posture series and sequences of advanced hatha yoga
5. Reduce stress both mentally and physically through conscious redirection of mental focus and attention
6. Explore meditation for truthful living
7. Understand the importance to perform and practice yoga independently as a life-long pursuit

Course Content

1. Principles and methods of the discipline of advanced hatha yoga
 - a. Breathing techniques
 - b. Posture and alignment
 - c. Historical and cultural foundation
 - d. Philosophy
 - e. Development of character

- f. Thoughtful and compassionate social interaction
 - g. Union of body, mind, and spirit
2. Advanced physical postures
 - a. 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
 - b. Practice in increasing the duration of advanced sequences, such as the sun salutations and warrior series
 - c. Movement routines modifiable and designed specifically for advanced levels
 - d. Training in inversions and increased duration of inversion series
 - e. Using props and partners to advance skills
 3. Five pillars of advanced yoga
 - a. Breath: introduction of advanced rhythmic breathing techniques
 - b. Heat: practice of proper warm up to prepare the body for the combination of motion and breath that melts away tension
 - c. 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
 - d. Drishti (gaze): learning to fuse the eyes to one point to calm the nervous system and bring the mind from distraction to direction
 - e. Core stabilization: focus on building core power and torso stability
 4. Stress reduction
 - a. Diverse techniques and styles of relaxation to calm the mind
 - b. Diverse techniques and styles relaxation to rest the body
 5. Personal private practice
 - a. Student will be helped in designing personal routines that help with individual physical problems, ailments, and limitations
 - b. 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:

1. Integration Series: Presence
2. Sun Salutations: Awakening
3. Warrior Series: Vitality
4. Balance Series: Equanimity
5. Triangle Series: Grounding
6. Backbending Series: Igniting
7. Abdominal Series: Stability
8. Inversion Series: Rejuvenation
9. Hip Series: Opening
10. Forward Bending Series: Release
11. Surrender to Gravity Series: Deep Rest

Special Facilities and/or Equipment

1. Appropriate exercise wear, one yoga mat.
2. 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

Methods of Evaluation may include but are not limited to the following:

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

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Demonstration
Discussion
Group practice

Representative Text(s) and Other Materials

Brown, Christina. [The Modern Yoga Bible](#). 2017.

Rector, Skip. [Yoga](#). 2017.

Although these texts are older than the suggested "5 years or newer" standard, they remain seminal texts in this area of study.

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

1. Optional reading and writing exercises as recommended by instructor

Discipline(s)

Physical Education