COURSE SYLLABUS

COURSE TITLE:
CHC 202 Advanced Study of Principles and Practices of Yoga

DIVISION:
Health Sciences

DEPARTMENT:
Complementary Health Care

CREDITS:
3.0

COURSE HOURS:
3 hours/week
45 hours per semester

PREREQUISITES:
CHC 102 Foundations of Yoga

INSTRUCTOR(S):

COURSE DESCRIPTION:
This course is designed to provide students with a more detailed view of yoga techniques and philosophy. Students will have a detailed instruction in the chakras. Students will develop and deepen their personal yoga practice and in turn connecting to Yoga at a deeper level of awareness.

TEACHING METHODOLOGY: Students will obtain skill in course materials through the following to encourage problem-solving and/or critical thinking skills:

• observation
• demonstration
• instruction
• discussion
• practice
• performance
• literature review

• assignments

COURSE EVALUATION:

Weekly Journaling 30%

Group Discussion 10%

Class Presentation 25%

Final Exam 35%

100%

ATTENDANCE POLICY:

Attendance is mandatory. In the event that a student is unable to attend class, they should contact the instructor prior to class or as soon as possible. If a student fails to notify the instructor they may be penalized for an unexcused absence. Any student who misses 4 classes or more, for any reason, may be withdrawn.

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TEXTBOOK/REQUIRED READINGS:


MEASURABLE PERFORMANCE OBJECTIVES:

At the completion of the course, the student will:

1. Perform professional behavior patterns consistent with professionalism. These behaviors include, but are not limited to, adhering to designated times for each class, following a dress code, being adequately prepared, displaying appropriate interpersonal dynamics and communication skills, utilizing proper technique for handwashing, and recognizing/implementing appropriate Universal Precautions technique.

2. Identify the Five Koshas or dimensions of being

3. Perform the appropriate breathing practices associated with Yoga

4. Understand the mindfulness aspect of yoga.
5. Identify and describe the body’s Chakras and the Chakras influences on yoga practice and energies.

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STATEMENT ON DISABILITIES: If you know that you have an academic, emotional/psychological, and/or medical condition the significantly impacts your learning experience, please submit appropriate documentation to the Counselor for Students with Disabilities, in Room 135, Gardner Campus, as soon as possible. The Disability Services Team members are the designated persons to review your documentation, protect the confidentiality of the information disclosed, and to discuss the most reasonable accommodation options. Bring back the signed Accommodation Recommendation Form. We can then, discuss your needs privately and implement the best accommodations in view of the required academic and technical standards of this class.

STATEMENT ON TUTORING:

Many students find that college coursework provides new academic challenges. Students who wish to deepen their understanding of course concepts, extend their skills and improve their performance in this course are encouraged to use the free tutoring and other support services available in the Academic Support Center. Math and Writing tutors are available on a drop-in basis. Tutoring in other subjects is arranged by appointment. If you have any questions about tutoring, stop by the Academic Support Center in room 116 or call at (978) 632-6333.

Date
Topic
Readings

Week 1

—A Journey of Even One Thousand Miles Begins with a Single Step — Lao Tzu Overview of Course and Requirements Review of yoga as the Eight Limb Path

Week 2

—Yoga is the Discipline of conscious Living — George Feuerstein Consciousness and the qualities of the Yamas and Niyamas Yoga and Living in the World The different Paths of Yoga

XI-XXVIII, p. 5-7, 97-105, 135-140

Week 3
—Body is gateway to consciousness - BKS Iyengar Embodiment and Asana The Five Koshas or dimensions of being
p. 17-43, 45-51

Week 4

—When the breath is steady, so is the mind, hence the breath should be controlled – Hatha The Respirator system and the function of breathing practices (Pranayama)
p. 53-74

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Yoga Pradipika 2.2 Energy levels (Bandhas) and their effects on physical, emotional and mental well being

Week 5

—Yoga is the stilling of thoughts that disturb the mind - Patanjali Mind according to yoga The Mind and Karma Nature of Mind: Qualities of Mind
p. 9-14, 79-90, 93-95, 121-123.

Week 6

—Biology and Biography: The Body Bears the Burden - Robert Scaer, MD Chakras- a neuropsychobiological model of emotional experiences Nervous system—fight or flight and freeze responses Chakras as data banks specific to different energies Chakras as blocks/obstacles on path of Yoga
p. 107-118, 125-133

Week 7

—Freedom lies beyond the door named Fear – Sufi Chakra I: Muladhara: root support Physical and emotional and energetic anatomy Fear and survival

CHI. P. 145-164

Week 8

—Deeper than thought is Feeling - Tantra Chakra II: Suadhistana-one’s own abode Physical, emotional and energetic anatomy Nurturance, sexuality
Week 9

—Stand in your own Power, neither giving it away nor taking it from anyone else —Agnes Whispering Elk Chakra III: Manipura-precious jewel Physical, emotional and energetic anatomy Power and empowerment

p. 184-292

Week 10

—The Heart has its reasons that reason knoweth not —Camus Chakra IV: Anahata-Unstuck sound Physical, emotion and energetic anatomy

p. 203-215

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Love, Compassion

Week 11

—Words are most powerful: they are the vehicles on which thoughts ride —Ram Das Chakra V: Vishuddha-purification Physical, emotional and energetic anatomy Speaking, hearing, listening Teaching

p. 219-229

Week 12

—Imagine — John Lennon Chakra VI: Ajna-perceive, know, command Physical, emotional and energetic anatomy Intuition, imagination Creativity

p. 230-232

Week 13

—Al is Consciousness — Sir Nisargadatta Chakra VII: Sahasrara-thousandfold Physical, emotional and energetic anatomy Meditation, consciousness The awakened mind

p. 233-242

Week 14

—Enlightenment is not an attainment, it is a realization
-Dan Millman Developing a personal practice Obstacles on the way Practicing and teaching