

COURSE OUTLINE

LFIT-132

Yoga II

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the skill to perform a variety of advanced Hatha yoga positions and an understanding and experience of meditation. Students will learn the role yoga and meditation play in the two-way relaxation response between mind/body and body/mind. This course will also give students an understanding of the effect yoga and meditation has on one's overall well-being physically and mentally. Students should have previous experience in practicing yoga.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Perform advanced and basic Yoga postures.
2. Understand the relationship between Yoga and the mind.
3. Be able to sit in meditation for fifteen minutes.
4. Identify the positive effects meditation has on physical and mental health.
5. Understand the principles of Yoga diet.
6. Perform pranayama techniques.
7. Understand the philosophy and physiology of yoga breathing.
8. Develop a personal yoga program.

Major Topics

- I. Advanced and inverted postures
- II. Pranayama
- III. Why and how of meditation
- IV. Yoga diet

Course Requirements

Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following.

- Attendance
- Participation
- Performance of Yoga

Other Course Information