



Yoga

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Course Description and Objectives

Background:

In *The Yoga Sutras*, written some 2200 years ago, Patanjali shows how through the practice of Yoga, we can transform ourselves, gain mastery over the mind and emotions, overcome obstacles to our spiritual evolution and attain the goal of yoga: “liberation from the bondage of worldly desires” (BKS Iyengar).

Theory aside, however, substantial research shows that Yoga has physiological, psychological and biochemical health benefits derived from the Yoga postures (Asanas), Yoga breathing (Pranayama), and meditation.

Aim:

The aim of Yoga is to find harmony through the awareness of the body’s posture, alignment, patterns of movement, thought processes, and breath. Not only does Yoga lead to an increase in physical strength, flexibility, and endurance, but it also – through various breathing and meditation techniques – facilitates greater self-awareness and relaxation. So, the main objectives, then, are to develop physical fitness, increase energy levels, and enhance happiness and peacefulness through healthy lifestyle choices.

Topics:

Although the course focuses largely on the physical practice of Yoga, it is also comprised of the following:

1. Physical a. Postures (Asanas) b. Breathing (Pranayama) c. Meditation (Dhyana)	2. Moral Philosophy Ethics (Yamas) Conduct (Niyamas) History	3. Physiological Anatomy Physiology Health Diet
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Assessment

Term 1 = 20%

Term 2 = 20%

Term 3 = 60%

The competencies are progressive, comprehensive and integrated. Development of the competencies will occur through a variety of learning activities. These will require

students to engage in both simple and complex learning situations using a wide variety of strategies such as independent and group-based projects, written work, student-teacher conferences, reflections, quizzes, end of term “Evaluation Situations”.

Competency	Description
Performs movement skills	The performance of “movement skills” involves action, movement, coordination, balance, synchronization, adjustment, control, alignment, flexibility, strength, and self-expression, and most of all, effort.
Adopts a healthy and active lifestyle	“Adopting a healthy lifestyle” means seeking a quality of life characterized by an overall well being and identifying the many factors that influence health in the short, medium and long-term. This also means taking responsibility for their lifestyle choices and seeking opportunities to acquire or maintain healthy lifestyle habits. It also involves positive interaction and conduct.

Materials Required:

- Clothing should consist of leggings or yoga pants, and shirts that do not ride up or down with movement
- no shoes or socks, however, yoga or gymnastic slippers with toe grips may be worn
- sweatshirt or large scarf or light blanket for Sivasana and meditation
- labeled binder, duo-tang with paper, pencil and pen
- lock for gym lockers
- optional: yoga mat

Classroom Conduct and procedures:

- Change into yoga clothes in the gym area
- arrive on time (go to the washroom before class!)
- wear proper attire
- no speaking during meditation or during instruction time
- respectful behavior in class
- no cell phones, mp3 players or any other digital/electronic devices
- late assignments will be deducted 5% per day
- performance will be evaluated daily: invalid absence and invalid lates will reduce marks.
- Medical abstention requires a valid note