

PELF 101

Yoga II

1 Credit

Community College of Baltimore County Common Course Outline

Description

PELF 101 – Yoga II: is for students who have completed Yoga I or have prior hatha yoga experience and have working knowledge of basic alignment cues in standing poses. Yoga II students learn additional poses and pranayama (breathing exercises), while they refine and develop their practice, lengthen concentration, and expand self-awareness. Emphasis is placed on yoga as a system for the exploration of body, mind, and spirit.

Pre-requisites: Yoga I or permission of the program coordinator

Overall Course Objectives

Upon completion of this course, students will be able to:

1. explore body movement with anatomical integrity;
2. adjust asana technique to adapt to their anatomical potential and skill level;
3. demonstrate flexibility, strength, and endurance in the performance of the yoga asanas;
4. demonstrate body awareness and physical refinement to effectively perform yoga asanas;
5. apply the yoga principles of alignment to the performance of each asana;
6. apply internal feedback for self-correction;
7. demonstrate appropriate safety behavior;
8. explore the use of props to support yoga asanas;
9. describe how yoga is related to physical, emotional, mental, environmental, social, and spiritual well-being;
10. demonstrate focused attention during asanas, pranayama, and meditation;
11. plan appropriately sequenced and thorough weekly yoga practice sessions outside of class; and
12. demonstrate motivation, self-discipline, and self-reliance with respect to individual practice through a practice journal.

Major Topics

- I. Review and refinement of basic asanas
- II. In-depth practice of more advanced asanas and preparations for inversions
- III. Active engagement of body and chakra energy in asana practice
- IV. Pranayama
- V. Meditation/concentration
- VI. Diet: Ayurveda
- VII. Personal yoga practice

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

VIII. Yoga history and philosophy

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Attendance and participation in class activities and discussions
- Outside practice recorded in a weekly yoga journal
- Two written assignments such as goal setting, self-assessment, or reading assignment reflection
- Two demonstrations/practicums of yoga poses

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 6/7/2022