


University of Victoria
Faculty of Education
School of Physical Education

PE 134 Yoga

January, 2006

Calendar description:

This skill performance and analysis course is intended for students pursuing degrees in Physical Education (BEd, BA & BSc). who wish to gain a basic understanding of the practice of Iyengar yoga. It is designed to develop your awareness through participation, practice, reflection and application.

Instructor: Leslie Hogya 
Iyengar Certified teacher at the Junior Intermediate III level
Telephone: 383 6301
Email:
Class: Ian Stewart Complex, Room 216

Textbook: The following texts are recommended for your interest: They are available in the University of Victoria bookstore as well as other venues.

Mehta, Mira. (1998). *How to Use Yoga*. Rodmell Press.

Smith, Judy (2003) *Iyengar Yoga*. Lorenz Books

Iyengar, B.K.S. (2001). *Yoga: The Path to Holistic Health*. NY: Dorling Kindersley. (most comprehensive)

Equipment: You are required to have your own sticky mat and blanket:
(Instructor will bring some used and new mats for sale at the first class)

Objectives: By the end of the course students will have had opportunities to:

- Develop a beginning understanding of basic asana practice (asana means, pose or posture)
- Appreciate how the practice of Iyengar yoga may be an appropriate means of physical recreation for the general population
- Understand how asanas can enhance one's awareness of physical activity
- Become familiar with the sanskrit names of basic asanas, and be introduced to the historical background and philosophy of yoga.

EVALUATION: Evaluation will consist of the following components:

Attendance and Participation: 30%

This course is based on experiential learning, therefore it is expected that you will **attend and be punctual** for all classes. Attendance/lateness will be recorded daily. More than two unexcused absences may result in course failure.

Learning Log and Portfolio: 30%

The log is meant to be a record of your progression of learning. The attached form will help you organize your responses. For your own benefit you should record the poses daily so you learn the name and form of the asana. For the final portfolio choose 1 pose to analyze and describe the important points to remember; challenges for you; your awareness of potential benefits and possible props that you may use to assist you.

1. Write a one page overview of your understanding of yoga and how it may apply to your future professional identity. This should be typed, 1.5 spaces, Times 12 font
2. Choose a pose from your log. Write a one-two page analysis of your developing understanding of the pose; gains, challenges, strengths, weaknesses, changes, use of props etc. How does this pose inform, enhance, compliment other physical activities in which you participate?
3. Include any photographs taken during class that will enhance your description and analysis.

Due date: March 28

Guest Teachers: 10 % and/ or visit to the Iyengar yoga centre

We will have one or two guest teachers from the Iyengar Yoga Centre, and we will have a field trip to the Iyengar Yoga centre. You are responsible for submitting the response sheet (see attached form.) The response is due the week after the visit. Teachers and dates to be confirmed.

The outside class will be at the Iyengar Yoga Centre, 919 Fort Street, Suite 202. 386 9642
You are responsible for your own transportation. Please bring your calendars to the second class to explore options for this trip.

Participation in a local Iyengar Yoga class. 10%

There will be no class on Feb 14. The following assignment will take the place of this class period.

You are expected to attend one **Level 1 Iyengar yoga class** at the Iyengar Yoga Centre and to complete the response form. You will have free admission. Consult the internet to find an appropriate class. Please consult with Leslie if you want to take something other than level one.

www.iyengaryogacentre.ca

Response due on or before March 7

Quiz 5%

Practice Evaluation: 15%

April 4

During the last class of the term, there will be a short quiz and practice evaluation. The name of the pose will be called, you will do the pose to the best of your ability. You will be assessed according to your knowledge of the pose, stability in the pose, appropriate support taken, not on how well or how far you are able bend.

Name:

Asana Log

Date:

Name of Asana:

Sanskrit Name:

Feet/Legs:

Trunk:

Hands/Arms:

OTHER points, props etc.

Name of Asana:

Sanskrit Name:

Feet/Legs:

Trunk:

Hands/Arms:

OTHER points, props etc.

You are required to include a simple diagram of the pose or to use one of the photos taken during class. Use the photo/diagram help to describe your comments. *Use the internet with discretion*
Not all poses illustrated are well done.

RESPONSE FORM

NAME

DATE

Use this form two times: once after you take a class at the Iyengar yoga centre, USE IT AGAIN after a guest teacher and/or the field trip. Write neatly in space provided:

1. What did you observe about how the poses were taught?

2. What new understanding did you gain?

3. How did the class differ/ compliment your UVIC experience?

4. What questions do you have for the instructor?

These two question apply only to visits to the centre:

5. What was the population of the class at the centre,

6. What did you notice about taking a class in a dedicated yoga centre?