

College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 336.1 **TITLE:** Restorative Yoga I
Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Restorative Yoga is a deeply relaxing practice of supported yoga poses, guided relaxation, yogic breathing, and an extended savasana (final resting pose). This meditative practice cultivates physical and physiological responses which will help the body to function at its highest level. Restorative yoga postures are available to all bodies regardless of build, age, or gender. This course introduces the aforementioned topics and skills at an introductory level.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate knowledge of restorative yoga postures at a beginning level.
2. Understand the physical and mental benefits of restorative yoga at a beginning level.
3. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and/or aerobic capacity.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Reduce stress levels through the use of restorative yoga postures and philosophies.
2. Understand the physical and mental benefits of restorative yoga at a beginning level.

6. **COURSE CONTENT:**

Lab Content:

Teach the following at a beginning level:

- Restorative yoga postures
- Use of props in restorative yoga
- Physiology of relaxation
- Physical and mental aspects of restorative yoga

NOTES ON TEACHING THE CLASS:

Start out with a few minutes of gentle movement before settling into a restorative pose or practice. A little stretching will warm the muscles and create space in the body to prepare it for relaxation. Movement will also give your body a chance to shed its restlessness and busyness before settling into a place of stillness.

Don't skimp on the props. Blocks, straps, blankets, balls, towels, chairs, walls, sandbags, eye bags, and pillows are all useful when propping restorative poses. The more fully the student's body is supported, the deeper their sense of relaxation and surrender will be.

Take the time to let students get comfortable on their props and make any necessary adjustments before they settle in. In restoratives the distance between heaven and hell can be as little as half an inch. A small adjustment to a blanket or a minor shift in the body's position can transform a moment of exasperated agony into pure bliss. Help them make any modifications they need.

Hold each pose from 5-45 minutes as is appropriate. Always end in savasana (corpse pose). Remind students that restorative postures are powerful - more powerful than they may realize at first. It is not uncommon to be sore or feel extreme emotional release after a restorative yoga class.

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lab
- B. Activity

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Written outline of final practice. This outline will contain a personal restorative yoga practice. Each posture proposed in the personal practice must be analyzed in detail telling why it was chosen to be in the personal practice.

Reading Assignments:

Reading from the book, Rest and Renew by Judith Lasater.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Homework
- D. Lab Activities
- E. Papers

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Gail Boorstein Grossman. *Yoga Journal Presents Restorative Yoga for Life: A Relaxing Way to De-stress, Re-energize, and Find Balance*, 1 ed. Adams Media, 2014
- B. Mia Caldwell. *Restorative Yoga for Beginners: Meditation and Poses for Easing Depression, Stress, Anxiety, Pain and Insomnia*, ed. Kindle, 2021
- C. Swami Saradananda. *Sitting Comfortably: Preparing the Mind and Body for Peaceful Meditation*, ed. Watkins Publishing, 2021
- D. P.T. Judith Hanson Lasater Ph.D. *Relax and Renew: Restful Yoga for Stressful Times*, 2 ed. Rodmell Press, 2011
- E. Caren Baginski. *Restorative Yoga: Relax. Restore. Re-energize*, ed. DK, 2020

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Course Originator: Denaya Dailey