

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** KINE 205    **TITLE:** Advanced Yoga Asana  
**Units:** 3.0 units    **Hours/Semester:** 32.0-36.0 Lecture hours; 48.0-54.0 Lab hours; and 64.0-72.0 Homework hours  
**Method of Grading:** Letter Grade Only  
**Prerequisite:** Successful completion of a Yoga Alliance RYS-200 program.    **Corequisite:** KINE 203, KINE 204
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
This course is part of the 300 hour Yoga Teacher Training certificate program. Students will develop their understanding of yoga asana practice through study of sun salutations, theories of transitional and embodied movement, and restorative yoga. Students will also choreograph and teach personal flow and restorative sequences.
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
Upon successful completion of this course, a student will meet the following outcomes:
  1. Create a flow-based yoga class with an intermediate level of expertise and skill using appropriate sequencing, alignment, and pedagogical skills.
  2. Create a restorative yoga class with an intermediate level of expertise and skill using appropriate sequencing, alignment, and pedagogical skills.
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
Upon successful completion of this course, a student will be able to:
  1. Teach yoga with great expertise and skill.
6. **COURSE CONTENT:**  
**Lecture Content:**  
Representative course content:
  - Review of breath connection
  - How bramacharya relates to yoga flow
  - Initiation of movement in yoga flow
  - Flow tempo and verbally cueing a yoga flow class
  - Review of Sun Salutations A, B, and C
  - Samtana Flow
  - Budokon Flow
  - Restorative Yoga**Lab Content:**  
Representative course content:
  - Review of breath connection
  - How bramacharya relates to yoga flow
  - Initiation of movement in yoga flow
  - Flow tempo and verbally cueing a yoga flow class
  - Review of Sun Salutations A, B, and C
  - Samtana Flow
  - Budokon Flow
  - Coreography personal yoga flow sequences and teach them to peers
  - Restorative Yoga
  - Teach peers
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**  
Typical methods of instruction may include:
  - A. Lecture
  - B. Lab

- C. Activity
- D. Discussion
- E. Observation and Demonstration
- F. Other (Specify): Teaching peers

**8. REPRESENTATIVE ASSIGNMENTS**

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

**Writing Assignments:**

Turn in written yoga sequences

**Reading Assignments:**

Reading assignments on movement theory

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Homework
- F. Lab Activities
- G. Simulation

**10. REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Rena Cook (Editor), Jane Boston (Editor), Cicely Berry (Foreword), Katya Bloom (Contributor), Mel Churcher (Contributor), David Carey (Contributor), Stephanie Martin (Contributor), Joanna Weir Ouston. *Breath in Action: The Art of Breath in Vocal and Holistic Practice*, ed. Jessica Kingsley Publishers, 2009
- B. Donna Farhi. *The Breathing Book: Good Health and Vitality Through Essential Breath Work*, ed. Holt Paperbacks, 1996
- C. Newlove, Jean & Dalby, John . *Laban for All* , ed. Routledge, 2003
- D. Laban, Rudolf. *The Mastery of Movement* , 4 ed. Pre Textos ed, 2011
- E. Fernandes, Ciane. *The Moving Researcher: Laban/Bartenieff Movement Analysis in Performing Arts Education and Creative Arts Therapies*, ed. Jessica Kingsley Publishers, 2014

**Origination Date:** July 2016

**Curriculum Committee Approval Date:** April 2017

**Effective Term:** Fall 2017

**Course Originator:** Denaya Dailey