

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; 64.0-72.0 Homework hours; 144.0-162.0 Total Student Learning 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
 - Choreography 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. Fernandes, Ciane. *The Moving Researcher: Laban/Bartenieff Movement Analysis in Performing Arts Education and Creative Arts Therapies*, ed. Jessica Kingsley Publishers, 2014
- B. Donna Farhi. *The Breathing Book: Good Health and Vitality Through Essential Breath Work*, ed. Holt Paperbacks, 1996
- C. Laban, Rudolf. *The Mastery of Movement* , 4 ed. Pre Textos ed, 2011
- D. 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
- E. Newlove, Jean & Dalby, John . *Laban for All* , ed. Routledge, 2003
- F. Natha, Shreyananda. *Teaching Yoga and Meditation Beyond the Poses*, ed. Independently published, 2023
- G. Zechiel, Marda. *The Book of Vinyasa Flows, Volume 1: Sequences to Inspire Yoga Teachers and Students of Yoga to Create and Plan Transformative, Creative Yoga Classes* , ed. Marda Yoga, 2023
- H. Staugaard-Jones, Jo Ann. *The Anatomy of Yoga Coloring Book: Learn the Form and Biomechanics of More than 50 Asanas* , ed. North Atlantic Books, 2022

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Course Originator: Denaya Dailey