

I. Course Overview:

Upon successful completion of this course, the students should be able to obtain a union and balance between body, mind, and spirit through yoga exercises (Asanas) and philosophies.

II. Units:

Unit 1. Proper Exercise

General Outcome:

- 1.0 The students should be able to discuss and demonstrate proper tone, muscle balance and structure of the body by holding yoga positions (Asanas).

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Relax in yoga positions.
- 1.2 Recognize and release stress and tension in the body.
- 1.3 Demonstrate an increased awareness of the body and universe.

Unit 2. Proper Relaxation

General Outcome:

2.0 The students should be able to relax at will to relieve tension in life's stressful situations as well as to improve physical and mental flexibility.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Recognize and release tension.
- 2.2 Increase control of their emotions and thoughts.
- 2.3 Use breathing as a tool to relax.

Unit 3. Proper Breathing

General Outcome:

3.0 The students should be able to breathe correctly and more efficiently (abdominally) to increase their ability to relax, and to rejuvenate at will.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

3.1 Use breathing exercises for breath control.

3.2 Breathe to relax.

3.3 Use breath control for concentration.

Unit 4. Proper Diet

General Outcome:

4.0 The students should be able to discuss nutrition and its role in improving health and life.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Explain how to eat to live rather than living to eat.
- 4.2 Discuss the essential vitamins.
- 4.3 Discuss the benefits and drawbacks of vegetarianism.

Unit 5. Proper Concentration and Positive Thinking

General Outcome:

5.0 The students should be able to improve the quality of their minds and, therefore, their lives through positive thinking and concentration.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

5.1 Concentrate at will.

5.2 Describe techniques for increasing positive energy in their lives.

Special Student Projects:

Research project on a special aspect of yoga chosen by the student.

Safety Precautions:

Students should be aware that participation in physical activity carries a degree of risk. Therefore, students are expected to follow instructions and safety precautions given by the HPRD instructor. Also, students must inform the instructor of any existing medical problems.

(NOTE: The College does not carry individual student insurance to cover accidents which occur during college classes. The students are advised to carry their own insurance.)