



## **Yoga in Education**

30 frontal hours (5 ECTs)

**Course Instructor: Nava Ben Shlush**

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### **A. Aims**

1. Familiarity with yoga poses and various practice techniques.
2. Mastery of knowledge in various warm-up and relaxation techniques with an emphasis on application to teaching.
3. Practice of proper posture, muscle extension and strengthening, coordination, balance, emphasis on breathing, concentration and awareness.
4. Familiarity with the principles of yoga, history and philosophy of this tradition
5. Obtaining basic tools for personal practice.

### **B. Curriculum**

**Composition and content of the lessons: The lessons will include 5 components:**

*Quiet sitting* - its purpose is to bring the participant's internal awareness, to develop attention and concentration through the senses in breathing in order to quiet consciousness towards practice or its end.

*Movement warmup* – warming up the body, which includes all directions of movement while emphasizing the joints, in preparation of the body for exercise. We experience a large and varied number of warm-ups and learn how to combine them during a lesson, so that we prepare the body for the subject of the lesson.

*Practice according to a central theme* - which includes working on poses in a certain movement direction while addressing the physical and energetic effects of the poses.

*Relaxation* - its purpose is to create conditions that will allow a complete release and relaxation of the body and mind upon completion of practice.

We will experience and learn several forms of guidance for body relaxation.

*Theory* - acquaintance with the historical and philosophical background of the development of yoga and its design as a method of practice, and the creation of a connection between the philosophical principles and practice.

### C. Lesson Details

<b>Week</b>	<b>Theory</b>	<b>Practice</b>
1	Introduction: Coordination of expectations - introduction, rules	Experiential Practical Practice: A meeting with a series of basic poses - sample practice
2	Theory - a short historical introduction, basic concepts	Practice - standing poses (stability, balance, body center, feet)
3	Theory - The Physical Body: Asana and Respiration - Characteristics and Benefits. Practice principles: Stability and relaxation	Practice - Continued standing poses - stability, balance, centering.
4	Theory - The physical envelopment: Practice principles: vigilance, observation, location, symmetry and balance	Practice - Standing postures: forward and backward bending, extension, and flexion of the posterior thigh muscle; Chest, upper back flexion and motility in the neck area
5	Theory - Pranayama, sitting and breathing exercises; Mudra, physical body and energy envelopment	Practice - Continued standing: side bending and twisting, (elongation and movement of spine, abdominal muscle engagement)
6	Theory - The philosophy of yoga (Yoga Sutra / Patanjali - General Introduction)	Practical - First and Second Sun Blessing: A thorough study of the series of poses that comprise the Sun Blessing
7	Theory - Continued: The Philosophy of Yoga: Yoga Sutra for Patanjali (Chapter 1 Sutra 1-16)	Practice - Continue first and second Sun Blessing (Variations, focus on knees and Chaturanga...)
8	Theory - Continued: The Philosophy of Yoga (Yoga Sutra for Patanjali - Chapter Two: Kirya Yoga, verses 1-10)	Practice – Sitting/ground poses in forward and backward bends, (knees, pelvis, ankles, shoulder girdle); Lower back flexion, balancing the sides of the body
9	Theory - History/Philosophy of Yoga (Yoga Sutra for Patanjali - Chapter Two and Three: Ashtanga Yoga)	Practice - Sitting Poses; Twisting (elongation, movement and elastic spine), continuing practice of principles: Ambition, sedition and judgment
10	Theory - The History of Yoga (Vedic Scriptures, Upanishads)	Practice - Sitting poses: Opening joints

11	Theory - Continued: History of Yoga (Mahabharata, Bhagavad Gita)	Practice - Sitting poses: strength and hand balance (abdominal muscle engagement and balance distribution)
12	Theory - Hatha Yoga (Paradipika) and its properties, the energy envelope - Kundalini	Practice - Inverted postures (strengthening the muscles of the arms and back)
13		Theoretical examination
14		Practical Exam

#### **D. Theory**

- The theoretical part will require reading excerpts from literature from the list of sources.
- Discussions on key questions and concepts in texts.
- Practical demonstrations to illustrate class poses.

#### **E. Student Obligations**

- Full and active participation in classes
- Passing a practical and theoretical test
- Reading literature from the list of sources
- Reading summaries sent by in the MOODLE system

#### **F. Grade Composition**

Practical exam - 60%

Theoretical exam - 30%

Assessment (participation and progress) - 10%

#### **G. Sources**

Light on Yoga / BKS Iyengar.

The Bhagavad Gita / Itamar Theodore

The Yoga Sutra for Patanjali / George Feuerstein

Upanishads and Brahmins - Tzachi Friedman

Psalms of Harig Veda - Translated by Peter Amram