

The College at Brockport  
State University of New York  
Department of Nursing

PRO 308

Yoga for Personal Health

Hybrid/in-person International Yoga Retreat Experience in Tulum Mexico

May 2018

Dr. Connie Lawrence DNP, RN MS FNP-BC

Yogafit Certified Yoga Instructor

200-hr CYT

## Yoga for Personal Health

**Course number: PRO 308**

**Course title: Yoga for Personal Health**

**Credits: 1**

Prerequisites: None

### Faculty Information

Dr. Connie Lawrence DNP, MS FNP-BC, certified yoga instructor

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Office Hours per request

This 5-7day course will be held in Tulum Mexico in May of 2018. It will be conducted as a 1-credit hybrid course (meaning access to course materials and quizzes is through blackboard). The group will meet and travel together to Tulum Mexico for completion of the course work. While in Mexico the course will meet at designated times to discuss course materials and for yoga practice sessions. As part of trip, we will visit ruins and caves. An optional snorkeling/scuba diving excursion will be available.

### Course Description

This class offers knowledge and skills to keep fit for life. It teaches safe performance of movement and exercise in a progressive approach and offers an opportunity to improve and/or maintain a high level of fitness through application of conditioning principles. This class is designed for all fitness levels. **Students are encouraged to understand their own limitations and work within their bounds (listen to your body).**

In particular, this class introduces the values and skills of Hatha Yoga (Yoga of exercise) to the beginning student and offers opportunities to expand knowledge, applications and skills for the purpose of personal health. All students will be given the tools to reduce tension, increase energy levels, move efficiently, reconnect to Self-awareness, learn about Your body and get fit! The poses and flows are adaptable and can be personalized for any level of fitness. **Students are encouraged to understand their own limitations and work within their bounds.** The class is designed to take you through a journey of your own body, introducing you to a way of moving with your own inner rhythm. The course includes teacher directed activity and opportunities for self-paced practice. You will physically, mentally, spiritually and emotionally condition yourself and experience just how much depth there is in each pose and flow when you change focus and intention.

The emphasis of the class will be on *asanas* (poses) and *vinyasa* (flow) for increased flexibility, improved health, relaxation, and reduced stress in daily living. Class participants will also be exposed to the language, philosophy, history, and concepts of Yoga. For the didactic part of the class students are expected to review all posted materials and engage the exercises provided for home practice. These exercises include breathing techniques, meditation, chanting, and asana/vinyasa practice, including standing, balancing, and inverted poses within their ability.

### **Safety**

If you have any medical problems or concerns about your ability to participate in this course please contact me to discuss those concerns. Medical problems and physical conditioning concerns **do NOT exclude** you from taking this course, but I do need to know so that I can help you to modify your yoga practice to make it safe and enjoyable. This course is appropriate for all age groups and levels of physical conditioning. Most important do not do anything that causes you pain and never force a pose. Please fill in the safety form on your first visit to the course and email it to me.

### **Course Objectives**

- To understand and apply the underlying concepts of Yoga.
- To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body.
- To cultivate breath control, relaxation techniques and kinesthetic awareness.
- To develop a working knowledge of selected asanas and vinyasa sequences.
- To increase strength, co-ordination, balance, flexibility and range of motion.
- To recognize and apply the value and benefits of an on-going yoga practice.
- To develop a personal ongoing yoga home practice.

### **Text (Required)**

- **Yoga for Dummies (2014). Payne L., Feuerstein, G.**

**Free access Brockport library-Please download prior to leaving for Mexico**

Follow these directions: go to library home page, choose books to your left, type in Yoga for Dummies and hit go. It should be the first entry. Choose icon for full text online.

### **Required Materials for Practice**

Consider bringing your own Yoga mat and yoga block (consider purchasing 2). Can be purchased for about \$12. Some of these items may be available to us at the venue. Stay tuned for confirmation.

Suggested stores: Walmart, Target, Five-below.

For practice meeting: wear loose comfortable exercise clothing, bring a water bottle and snacks, consider bringing a light blanket, bring your yoga mat and block

During practice you will be exposed to different types of music, essential oils, and will participate in meditative exercises and the physical practice of yoga. Students are encouraged to bring these items to share with the group.

Attendance is mandatory at all course meetings. Students are expected to come to class prepared for discussions and practice sessions and are expected to appropriately engage. It is the student's responsibility to meet assignment due dates for all course work. If you cannot meet a due date for some reason, please communicate with me to develop an alternative plan. It is not acceptable to not complete course work on time. I am extremely flexible and will work with you to develop a plan for your successful completion of this course.

My cell phone number is 585-738-2165. Do not hesitate to call me if you have questions.

### **Teaching Methods**

Power points, audio/visuals, Free online text book, written materials

### **Course Structure**

Modular set-up. You will have 1 minute per question for Quizzes. Two Journal entries

### **Learning Activities**

Reading, discussion, journal entry, and group practice

### **Assignments**

#### **Module 1**

Introduction to yoga

Safety

Yamas & Niyamas

Reading: Chapter 1 pgs 1-21 & Chapter 3 pgs 33-40

Practice exercise: Complete the exercise on page 39

Yogatude-letting go of stress

Breathing

Reading Chapter 4 pgs 41-54 & Chapter 5 pgs 55-76

Practice exercise: Complete the exercises pages 46-54, 58, 63-65, 68-71, 73-76

- Article 1:

Stress, Inflammation, and **Yoga Practice** by Kiecolt-Glaser, JK; Christian, L; Preston, H; more... Psychosomatic Medicine, 03/2010, Volume 72, Issue 2

**Watch recorded materials for reinforcement as needed**

## **Module 2**

<https://yoga.com/poses>

Basic yoga postures (remember to listen to your body, there is "no perfect yoga pose, only the safe and comfortable one for you at this moment")

Reading: Chapter 6 pgs 81-88, Chapter 7 pgs

Practice exercise: Complete the practice exercise on each pg 82-88, pgs 91-106

Balancing postures (Remember to use a wall or a prop if you need to)

Reading pages 107-114

Practice exercise: Complete the practice exercise on pgs 109-113 (**\*Do not do posture on pg 114**)

Bending floor postures

Reading: Chapter 11 pgs 133-150

Practice exercise: Complete the practice exercises on pgs 136-150

Twisting postures

Reading Chapter 12 pgs 151-

Practice exercise: Complete the practice exercises on pgs 152-157 (**\*Do not do posture on pg 158**)

- Article 2:

**Yoga** for college students: an empowering form of movement and connection, by Villate, Vanessa M. The Physical Educator, 01/2015, Volume 72, Issue 1

**Watch recorded materials for reinforcement as needed**

## **Module 3**

Basic flow routines

Read chapter 13 pgs 159-166

Practice exercise: Complete the simple posture flow pgs 160-166

Simple basic flow routine

Read chapter 14 pgs 167-174

Practice exercise: Complete the flow routine on pgs 168-174 to the music of your choice

- Article 3:

**Yoga and health** by Taneja, Davendra Kumar Indian journal of community medicine : official publication of Indian Association of Preventive & Social Medicine, 04/2014, Volume 39, Issue 2

**Watch recorded materials for reinforcement as needed**

#### **Module 4**

Choosing props

Reading pgs 288-308

Living the yoga way

Reading pgs 309-322

Meditation

Reading Chapter 23 pgs 323-336

Practice exercise: Complete the practice exercise pgs 333-334

Article 4:

Meditation 101

<http://life.gaiam.com/article/meditation-101-techniques-benefits-beginner-s-how>

**Watch recorded materials for reinforcement as needed**

**Do not read chapters 9, 10, 15, 16, 17, 18, 19, 24, 25 for this course (These chapters may contain information beyond the scope of this class or poses that I do not consider safe). \* Do not do poses on pages 114 & 158.**

**Take Quizzes after you have reviewed the associated quiz material** (Quiz questions are T/F and multiple choice). In general quizzes are not comprehensive, but similar questions especially those about safe practice may be repeated. **All quizzes must be completed by within one week after return to USA (date pending).**

- Quiz 1-
- Quiz 2-
- Quiz 3-
- Quiz 4-

**Journal entries:** Each student will complete (2) 1-2-page journal entries.

- 1 Journal entry on a Yamas **Due**
- 1 Journal entry on a Niyamas **Due**

Students may pick the Yama and Niyama of their choice. Take time to consider how engaging in the practice of your chosen Yama or Niyama may impact your personal welfare and the social welfare of others. \*See handout for hints.

**Practice (Mandatory):** You must attend the course sessions in order to pass this course. Practice will be graded on engagement, enthusiasm and participation, and not on the ability to practice yoga poses.

#### Course Evaluation

- 4 Quizzes (1-20 questions each)
- 2 Journal entries (1-2 pages)
- Class and practice sessions

Quizzes	60%
Journal entries	20%
Practice session	20%

#### Grading Scale

A	94-100%	B+	87-89	C+	77-79	D+	67-69
A-	90-93	B	84-86	C	75-76	D	64-66
		B-	80-83	C-	70-74	E	<64

## **Other Important Items**

### **Computer Requirements:**

Students will be required to utilize several software applications during the class, including Black board, Microsoft Word, PowerPoint. The capacity to view videos and DVDs with flash player is also required. If you encounter technical difficulties with your computer during the course contact the Brockport HelpDesk at 585-395-5151. The Library, Information, and Technology Services (LITS) Department is also available for assistance and can be accessed through the HelpDesk. Students are responsible for checking the class Angel page regularly, as outlined in the Student Handbook. You are responsible for any communications sent electronically and for submitting assignments on time. All assignment submission and communication with the instructor should be done through Angel. Doing so works in your favor as it creates an easy record to access should there be an issue with assignments or miscommunications.

### **Student Responsibilities:**

Students are responsible for all material provided in the course - reading assignments, PowerPoint presentations, review questions, critical thinking case studies, and videos/DVDs presented in this course.

Students are responsible for reviewing basic anatomy and physiology, biology, chemistry, and microbiology related to the topics covered each week. A sound understanding of these areas will be of great benefit in understanding drug action and effects.

Even though you are registered for this course as on-line, it does not mean that you may not need to utilize resources available on the Brockport campus. In order to access these resources you may need to go to the Brockport campus. In addition, engaging with each other is an important aspect of the learning process whether the course occurs in a classroom or in an on-line environment. Working together in an on-line forum will prepare you for working in a global healthcare environment.

### **Student Code of Conduct:**

The following is a link to The College at Brockport's "Code of Student Conduct":

[http://www.brockport.edu/policies/docs/code\\_of\\_student\\_conduct.pdf](http://www.brockport.edu/policies/docs/code_of_student_conduct.pdf)



**Academic Integrity:**

Students are expected to read and abide by the policies and procedures set forth in the College's Policy of Student Academic Dishonesty, section 675.01, in the Student Handbook. The following is a link to The College at Brockport's policy titled "Policy on Student Academic Dishonesty":

<http://www.brockport.edu/hr/resources/chapters/675policystudentacademicdishonesty.htm>

[The following is a link to the Department of Nursing's policy for academic dishonesty that is in the Department of Nursing Handbook:](#)

<http://www.brockport.edu/nursing/handbook/index.html>

**Disruptive Student Behaviors:**

The following is a link to The College at Brockport's policy "Procedures for Dealing with Students who are Disruptive in Class":

[http://www.brockport.edu/policies/docs/procedures\\_for\\_dealing\\_with\\_students\\_who\\_are\\_disruptive\\_in\\_class.pdf](http://www.brockport.edu/policies/docs/procedures_for_dealing_with_students_who_are_disruptive_in_class.pdf)

**Attendance Policy:**

The following is a link to The College at Brockport's policy titled "Attendance Policy":

[https://www.brockport.edu/policies/docs/attendance\\_policy.pdf](https://www.brockport.edu/policies/docs/attendance_policy.pdf)

\*\*\*\* This is an hybrid course with synchronous meeting times, absences are detected by lack of signing on and reviewing assigned readings, and lack of completing assignments. Professors have the ability to generate reports indicating what students have viewed, logged into, and in some instances how long they are logged in.

**Disability statement:**

*Students with documented disabilities may be entitled to specific accommodations. The College at Brockport's Office for Student with Disabilities (OSD) makes this determination. Please contact the Office for Students with Disabilities at (585) 395-5409 or [osdoffice@brockport.edu](mailto:osdoffice@brockport.edu) to inquire about obtaining an official letter to the course instructors detailing any approved accommodations.*

*The student is responsible for providing the course instructors with this official letter. Faculty work as a team with the Office for Students with Disabilities to meet the needs of students with disabilities. The following is a link to The College at Brockport's policy: "Procedure for Accessing Services for Students with Disabilities" (contact information is in the procedure):*

[https://www.brockport.edu/policies/docs/procedures\\_for\\_accessing\\_services\\_.pdf](https://www.brockport.edu/policies/docs/procedures_for_accessing_services_.pdf)

**Gender discrimination and sexual harassment policy:**

Gender discrimination and sexual harassment are prohibited in class. Title IX legislation requires the College to provide gender equity in all areas of campus life. If you or someone you know has experienced gender discrimination, sexual harassment, or sexual assault, we encourage you to seek assistance and to report the incident through resources available at [www.brockport.edu/titleix/index.html](http://www.brockport.edu/titleix/index.html). Confidential assistance is available at Hazen Center for Integrated Care. For these and other regulations governing campus life, please see all of our Student Polices at [www.brockport.edu/policies/index.php](http://www.brockport.edu/policies/index.php)

**Electronic devices:**

The following is a link to The College at Brockport's electronic devices policy:

[http://www.brockport.edu/policies/docs/use\\_of\\_electronic\\_devices\\_in\\_the\\_classroom.pdf](http://www.brockport.edu/policies/docs/use_of_electronic_devices_in_the_classroom.pdf)

**Communicating with Faculty:**

Faculty members are readily available to meet with/talk with students by scheduling a time in advance to do so. Individual faculty members may be reached by a variety of technologies: office phone, voice mail, e-mail and/or pager. Please do not text faculty without express consent from that professor prior to doing so. Faculty members are involved with many different activities. Faculty members respond promptly to voice mail or e-mail messages, usually within 48 hours

during usual business hours. An email sent to a professor on Friday afternoon may not be addressed until the following Monday or Tuesday. Faculty members are not routinely available on weekends or holidays. Pursuant to public law, faculty cannot speak to parents/spouses/significant others about individual student issues without prior written permission from that student. All full time faculty members and some part time faculty have their office hours posted. If these times are not convenient, contact the faculty to schedule an appointment.

**PLEASE SCROLL DOWN TO THE NEXT PAGE; PRINT THE PAGE AND RETURN TO YOUR INSTRUCTOR (REMOVE FOR ONLINE COURSES—SEE STATEMENT BELOW)**

**(FOR ONLINE COURSES A DISCUSSION BOARD CAN BE SET UP FOR STUDENTS TO ATTEST TO READING THE SYLLABUS)**



## Syllabus Attestation Statement

I, \_\_\_\_\_ have read the course syllabus for \_\_\_\_\_ in its entirety. I have used the embedded links to review the Student Code of Conduct and all the policies presented within the syllabus. I have had the opportunity to ask questions and any questions I have asked have been answered in a manner that I understand. My signature below indicates that I understand all information in the syllabus, the code of conduct, and the policies included within the syllabus. I understand that it is my responsibility to uphold all applicable policies of The College at Brockport and those policies that are specific to The Department of Nursing.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_