

KIN 117: VINYASA, AERIAL, AND ACROYOGA

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
Strongly Recommended:	KIN 116.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

Students continue to build upon fundamental skills by applying an assortment of ancient yoga techniques to enhance wellness and well-being with greater focus and specificity using more rigorous vinyasa, aerial yoga, and acroyoga therapeutic practices. Students will progress from basic to more advanced yoga postures (asana), breathing techniques (pranayama), and meditation techniques (dhyana) while also gaining greater awareness of ancient systems of the history, language, and practice of yoga. In this course students explore ancient systems of yoga practice in light of modern interpretations. The course presents an evolutionary approach to yoga asana (physical postures), pranayama (breathing), philosophy, and meditation. The emphasis is on application and theory through practice, discovery, reflection and discussion. 18 lecture hours, 18 lab hours.

Course Objectives

- Safely perform longer, strenuous asana sequences requiring clearer focus and steady balance.
- Express, orally and in writing, the importance of Ashtanga, the eight-fold path, and the holistic practice of Yoga.
- Develop a movement vocabulary that will allow them to participate in many different manners of yogic movement either alone or in groups; on the mat, hammock, or balanced with a partner.

Major Course Content

1. Asana
 - a. Foundational Movement
 - b. Advanced Postures
2. Evolution of Yoga
 - a. History review
 - b. Paths of Development
 - c. Hatha/Ashtanga
3. Acro/Partner Yoga

- a. Principles of Safe Alignment
 - i. One partner
 - ii. Two or more partners
 - b. Foundational Positions
 - i. Flyers
 1. Points of contact and balance
 - ii. Bases
 1. Hand & foot placement and balance
4. Mantra, Meditation & Visualization
 - a. Incorporating vocal, breath, and imagery into movement practices.
 - i. Chanting, Kirtan
 - ii. Ujjayi, Bee's Breath, Kapalabhati, Bhastrika
 - iii. Attentional Focus, Image Rehearsal
 5. Aerial Yoga
 - a. Principles of Safe Alignment and Hammock Pressure
 - i. Supported by Hammock
 1. Shoulders, Mid-back, Ribs, Pelvis, Knees, Legs
 - ii. Off the Ground
 1. Shoulders, Mid-back, Ribs, Pelvis, Knees, Legs
 - b. Foundational Poses in the hammock
 - i. Standing
 - ii. Prone
 - iii. Supine
 - iv. Side lying
 - v. Inverted positions
 6. Creating An Asana Practice
 - a. Developing a mini-complete practice uses each leg of Ashtanga

Lab Content

Review Beginner Skills

1. Principles of Safe Alignment
2. Pranayama (Breathing)
3. Asana (Postures)
4. Dharana (Visualization)
5. Dhyana (Meditation)

Refine Skills

1. Creating An Asana Practice

Intermediate/ Advanced Skills

1. Balancing Poses
2. Inversions
3. Visualization
4. Meditation

Suggested Reading Other Than Required Textbook

Bhagavad Gita

Examples of Required Writing Assignments

Apply a passage from the Yoga Sutras of Patanjali to a stressful event about which you've meditated. Considering the passage, how might you apply the wisdom of the text to solve or gain new perspective on that event? Provide your reply as prose in your meditation/asana log.

Examples of Outside Assignments

Working with a partner, develop, record, and post a short asana sequence using foundational movements that merge into asanas that require greater balance, focus, and strength.

This sequence should incorporate: - 10 or more asanas - balancing poses
You may choose to create 2 solo videos or 1 partner acro or aerial practice.

Instruction Type(s)

Lab, Lecture, Online Education Lecture