

# NC 902: YOGA FUNDAMENTALS

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	0
Lecture Hours :	0
Lab Hours:	36
Hours Arranged:	0
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

## Catalog Course Description

This course includes an introduction to basic yoga and progresses through more challenging yoga routines. The program includes yoga postures, guided relaxation and breathing practices. Participants will build strength, improve flexibility and reduce stress. All ability levels are welcome. 36 lab hours.

## Course Objectives

- Develop clear and safe foundational poses
- Understand terminology used for correct form/application
- Practice awareness of basic yoga postures and poses
- Develop an understanding of alignment principles focusing on breathing and feeling
- Understand anatomy and posture through intelligent integration of the body

## Major Course Content

All Lab Content

### Lab Content

#### 1. Beginner Skills

- Principles of Safe Alignment
- Pranayama (Breathing)
- Asana (Postures)
- Dharana (Visualization)
- Dhyana (Meditation)

#### 2. Refine Skills

- Creating An Asana Practice

#### 3. Intermediate/ Advanced Skills

- Balancing Poses
- Inversions
- Visualization

d. Meditation

## Suggested Reading Other Than Required Textbook

Instructor handouts

## Examples of Required Writing Assignments

Journal physical activity

## Examples of Outside Assignments

Home workout

## Instruction Type(s)

Lab