

TDPS 98/198 Vinyasa Yoga Fundamentals: Physicality and Awareness

DeCal Instructor:

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Location: 2401 Bancroft Large Studio

Enrollment Limit: 20-25 MAX

Course Description:

This DeCal course will be a foundational study on Vinyasa Yoga with a focus on healthy physical alignment. It will be drawing from various Somatic principles including Energetic alignment and Bartenieff Fundamentals to better explain the energy dynamics in poses and sequences so people can understand physicality and awareness as performers, dancers, actors, and everyday life people. The class meets two hours a week, with additional two hours of homework per week. The class begins as a traditional Vinyasa Yoga Flow practice, much like what one would experience at a typical yoga studio. About midway into the class, I slow the pace I break down specific set of poses and sequences in greater detail. Afterwards, the class will transition back into the flow with the intent of integrating the new material. The class ends with svanasana and a closing Om. A few weeks will be devoted to exploring other forms of Yoga, including Restorative and Yin Yoga.

Level:

ALL are welcome. Students with injuries are also welcome to join the course, depending on the severity of injury. Some experience in Yoga or participation in other active sports is preferred, but not necessary.

Taught in the TDPS department, but non-performers also welcome!

Injury or Pregnancy:

In the case of an injury, you should first check with your doctor or healthcare professional if a Yoga practice would be appropriate. Also, please inform me if you are injured or pregnant so that I may properly accommodate you.

Hands-On Assistance:

Part of my teaching involves adjusting and assisting you in your poses. If you do not wish to be touched, please notify me before class. I don't take it personally. :)

Course Requirements:

You will be primarily graded on your participation in this course, and hence attendance will be mandatory (see below). I am interested in your willingness to learn and openness for new experiences. How “sophisticated” you look in the poses is not important, but your commitment to the practice will be extremely valued.

Attendance:

Four absences will result in a NP. No exceptions.

Tardiness:

Please do *not* be tardy! Tardiness is extremely frowned upon in *any* yoga class. It’s very disruptive to other students when you walk in late. I will typically begin class with a gentle meditation or centering exercise to ground everyone’s energy before beginning the active part of class. If you are late, I suggest you wait until this part of class is over, and then walk in when the active portion of the class has begun. Walking out at the end of class -- during svanasana -- is also disruptive and discouraged. If you need to leave early, please leave *before* svanasana as a respect to other students in the class. Two tardies will equal one absence. And thus excessive tardiness will put you at risk for a NP.

Materials

•Yoga Mat -- You can find sticky mats under \$20. The more expensive ones go for about \$60-70. If you do not wish to purchase one, you are also welcome to practice on the floor.

Props can be very helpful in your Yoga practice, and using props will help you advance in the poses faster. Though I will not require them, if you can afford to invest in some props, I highly encourage you to do so. With certain props (straps, blanket, block), you may be able to improvise with items you find in your house.

- Block
- Strap
- Blanket
- Bolster
- Towel
- Water Bottle

Cell Phones:

Please make sure to turn off your cell phones during class, and any other electronic devices that may make disruptive noise. Along with tardiness, turning off cell phones is another important part of Yoga studio etiquette.

Office Hours:

By appointment. If you have any concerns, questions, or comments, please feel free to discuss them with me before and after class.

Om Work:

The focus of Om work will mostly consist of cultivating, building, and sustaining a home practice throughout the semester. I may also assign various readings of articles and books from a recommended reading list. Journal writing is also helpful and encouraged.

The recommended homework policy is that you practice two hours a week outside of class. Two hours may sound daunting, but really, it breaks down into 15-20 minutes everyday. It does not have to be perfect! Just get on your mat, move your body in some way, practice a few poses, or meditate.

Week 1:

Introduction to Course + Getting to Know You
(Miniature Practice)

Week 2:

Tadasana (Standing Poses) and Ujjayi Breath
Cultivating a Home Practice, Setting an Intention for Your Practice

Week 3:

The Vinyasa (Modifications: Cobra, Knees-Chest-Chin, Chaturanga “Double Dip,” Child’s Pose) + Basic Principles of Vinyasa Yoga

Week 4:

Standing Poses
Ado Mukha Svanasana + Uttanasana (Variations) +Utkatasana

Week 5:

Standing Poses
Anjaneyasana (Lunges + Quadricep Variations) (Four Movements of a Lunge) _
Virabhandrasana I
Pulsation Vinyasa, Intro to the Vayus

Week 6:

Standing Poses
Virabhandrasana II + Utthita Trikonasana + Parsva Virabhandrasana II +
Ardhachandrasana
Body Vinyasa, Rhythmic Vinyasa

Week 7:

Standing Poses
Virabhandrasana III + Parsvottanasana + Parivrtta Trikonasana

Week 8:

Core Abdominals + Arm Balances

Udiyana Bhanda + Navasana + Uttana Padasana (Yogic Bicycle), Bakasana + Vasisthasana

Week 9:

Yin Yoga + Intro to Lunar Flow

Week 10:

Standing Balance Poses

Vrkasana + Utthita Hasta Padangusthasana + Drishti

Week 11:

Restorative Yoga

Week 12:

Backbends

Bhujangasana + Salabhasana + Dhanurasana

Week 13: Backbends

Setubanda Savargasana + Urdvha Dhanurasana + Ustrasana

Yoga Off the Mat: Body as Metaphor for Life, Translating Your Yoga Practice (e.g. Samskaras, Presence, etc.), Why Practice Yoga? Deeper Discussion about Yoga as a Tool for performers, and for physical, mental, spiritual health

Week 14: Forward Bends + Inversions

Dandasana + Pashimottanasana + Salamba Sarvangasana

Yoga Off the Mat: Body as Metaphor for Life, Translating Your Yoga Practice (e.g. Samskaras, Presence, etc.), Why Practice Yoga? Deeper Discussion about Yoga as a Tool for performers, and for physical, mental, spiritual health

Week 15: Forward Bends + Supine Poses + Restoratives

Virasana + Baddha Konasana + Svanasana

Final Thoughts, Final Offering