

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 120

Credits: 1

Course Title: Yoga II

Course Description: Focuses on the forms of yoga training emphasizing flexibility, breathing, and meditation. Part II of II. Prerequisite: PED 109. Laboratory 2 hours.

General Course Purpose: Students will gain an increased knowledge of yoga training emphasizing individual range of motion while deepening their study of yoga benefits. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:

Prerequisite: PED 109

Course Objectives:

Upon completing the course, the student will be able to:

- a. Identify concepts of yoga including philosophy, *Asanas*, *Pranayama*, and *meditation*;
- b. Demonstrate proficiency of basic yoga postures;
- c. Identify the benefits of yogic breathing and meditation;
- d. Teach one to two yoga postures and critique yoga posture demonstrations by peers; and
- e. Develop and/or identify personal wellness/exercise goals using the SMART planning method, focused on the improvement of yoga practice.

Major Topics to Be Included:

- a. Smart planning method
- b. Building focus, strength, balance, and range of motion
- c. Proper body mechanics to ensure safety
- d. Stress management and relief through meditation and breathing exercises
- e. Intro to energy centers
- f. Yogic lifestyle

Effective Date of Course Content Summary: October 1, 2015