



## Yoga 15

Instructor: Mrs. K. Wiebe 2022  
(Block D: Tuesday/Thursday/alt. Friday)  
(Approximately 44 classes plus PULSE)



### Philosophy

The High School Yoga course offers students the opportunity to study yoga as a subject in its own right. It is designed to introduce students, safely, to the basic postures (asanas), breathing techniques, and relaxation methods of yoga. It will also introduce students to the historical roots of yoga, and give them an understanding of anatomy and physiology as it applies to this discipline.

Students will develop an enhanced appreciation of their own body, and an acceptance of its uniqueness. They will have improved spinal mobility, increased flexibility of movement, increased strength, and improved posture and sitting habits. It really is stretching with purpose and function! Students' focus and concentration will improve, as will their functional breathing. They will learn to be more in touch with their own physical and mental needs, and those needs of others.

### Rationale

Students will learn to identify the precursors of stress and release them more easily. They will learn how to relax at will. They will experience the health benefits of yoga, and learn coping skills that will enable them to get more out of everyday life. Additionally, due to the group setting of a high school class, students will communicate with others to build understanding, and collaborate to advance learning while experiencing and honouring the benefits of yoga to a healthy, active lifestyle.

### Credit Allocation/Instructional Hours

Yoga 15: 75 hours / 3 credits

<b>General Learner Outcome:</b> <b>The student will:</b>	
1	Perform the postures (asanas), breathing techniques and relaxation techniques of a yoga practice, and experience the benefits thereof.
2	Develop an understanding of their own unique needs, limitations and growth through yoga.
3	Develop the skills and knowledge to independently maintain a regular yoga practice.
4	Acquire and apply a basic understanding of anatomy and physiology that is relevant to yoga.
5	Understand the historical roots of yoga as an art, science and philosophy.

**Equipment/Material Needed for success in this class:**

- a towel is recommended
- a comfortable and appropriate change of clothing to do yoga
- a non-slip mat ( school provided or students can bring their own)
- yoga blocks ( school provided)
- yoga straps ( school provided, or students can bring their own)
- notebook for journal writing and assignments
- bring a water bottle to class please!

**Expectations for students to find success in this class:**

- come to class on time, changed and ready to participate. I suggest bringing a water bottle to class.
  - come to class with the intent of focusing on your yoga practice, as often this will be a quiet and reflective class needed for relaxation and stress release. **Please do not bring your phone to class**, as that is a significant distraction to you and your classmates.
- Thank you.
- regular attendance will be necessary to pass this course, as it is a participatory class.

Online Resources

<http://www.yogajournal.com>

<http://www.myyogaonline.com>

<http://www.yogabasics.com>



**Evaluation:**

Participation	80%
Assignments/Quizzes/Journals	20%
	100%

