



CED2257 – Power Yoga

INSTRUCTIONAL HOURS: 12

RECOMMENDED PRE-REQUISITE(S): n/a

CO-REQUISITES: n/a

APPROVED FOR USE IN ACADEMIC SEMESTERS: 2013-2014

COURSE DESCRIPTION:

This class takes you through traditional yoga poses by focusing on the breath. The first half of the class moves with a steady flow designed to create heat and wake up the body! The second half slows things down to relax and restore the body. Try this invigorating yoga class to challenge your body and mind and discover your own true power! All fitness levels are welcome and everyone is encouraged to rest or drink water if/when needed. Please remember to bring your yoga mat.

RATIONALE:

This class will help the participant build strength in the body, and improve focus and concentration in the mind.

COURSE DELIVERY:

The course will be delivered with verbal instruction by the Yoga Instructor, with care taken to ensure all physical practice is done safely. The use of props may be introduced.

LEARNING OBJECTIVES/OUTCOMES:

Upon successful completion of this course, the participant will have a deeper knowledge of yoga practice, improved physical strength in the body, and may also experience a more relaxed state of mind.

TOPICS

Introduction to power yoga, modifications for yoga poses, use of props, introduction to meditation.

REQUIRED COURSE MATERIAL: (to be purchased by the learner)

Yoga mat.

STUDENT EVALUATION

Students will: be able to make use of traditional yoga poses, and may be able to continue with their own yoga practice.

At the end of the semester, the student will receive a final report noting his/her progress in relation to the learning outcomes. The student's progress will be recorded using the following grades.

S - Satisfactory achievement in field /clinical placement or non-graded subject area.

U - Unsatisfactory achievement in field/clinical placement or non-graded subject area

Teaching Contact Liz Lacelle

**Academic Manager
Signature**

"Ted Newbery"

**NOTICE TO ALL
STUDENTS:**

We urge you to retain this course outline for future reference. There is a charge for additional copies.