Foundations of Yoga

*with Tracy Draksic, M.A.*

Thursday, July 9 – Tuesday, September 29, 2020

Tuesdays: Asana Practice 10-11:30am

Thursdays: Lecture 7:00-8:00pm

Welcome to the course! I am delighted to have the opportunity to teach my college-level introduction to the art and science of yoga to students of the Himalayan Institute of Buffalo. This course will give you a thorough background in the origins of yoga, its philosophy, practice, and application to daily living.

My contact information:

tracydraksic@gmail.com

716-572-2557 (phone & text)

Our class webpage:

<https://www.hibuffalo.org/foundations-of-yoga/>

I will be building this page as we move through the course. You will find supplemental readings, hand-outs, homework, and links to recordings here.

Textbook:

*Yoga: Mastering the Basics*by Rolf Sovik, PsyD. and Sandra Anderson – available in the HI Buffalo bookstore and on Amazon.com

Recordings:

All classes will be recorded and uploaded to a private folder on YouTube. It is important that you have a YouTube account and that I have the same email you use for YouTube. Private videos are only viewable by the list of accounts I designate. If your YouTube account is different from the one on file at HIB, please let me know. You will be notified by email when classes are available – usually within 48 hours of the live class.

Supplies for Asana practice:

yoga mat, 2 blocks, strap, bolster or meditation cushion

Homework:

Homework will be explained and assigned for each Thursday lecture class. The homework is completely optional for you. You can do it just for your own deepening of understanding or you can submit it to me for review. These are the same assignments given to college students, and you are free to do what you want with them. Should you like to turn them in, you can send them to my email address at any time. Microsoft Word is the preferred format.

Zoom Codes:

You will receive a Zoom code for Tuesdays and a different one for Thursdays. These codes will remain the same for the duration of the course. These codes will be emailed to you 48 hours before the course begins.

Note:

Please email me at any time if you have questions. You can also ask questions in the comments section on Zoom during practice or lecture. I will save time to look at them at the end of each class. I am happy to have your feedback throughout our time together. Your input will help me improve the course!

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| **Week** | **Topic** | **Readings & Homework** |
| **1**7/9Lecture7/14Practice | **Yoga as a Goal & Method**Lecture 1Asana Session 1: p*oints for practice* | **Reading:**Mastering the Basics - Chapter 2 |
| **2**7/16Lecture7/21Practice | **The 8 Limbs of Raja Yoga****The Kosha Model**Lecture 2 Asana Session 2: c*ategories of postures, structure of a class* | **Reading:**Mastering the Basics - Chapter 1Homework #1 |
| **3**7/23Lecture7/28Practice | **Yamas and Niyamas**Lecture 3Asana Session 3: *five steps in proper breathing, the complete breath* | **Reading:**Mastering the Basics1. Chapter 10
2. Chapter 4

Homework #2 |
| **4**7/31Lecture8/4Practice | **Stress Management**Lecture 4Asana Session 4: *relaxation methods* | **Reading**:Mastering the Basics1. Chapter 3 – skim
2. Chapter 8

Homework #3 |
| **5**8/6Lecture8/11Practice | **Model of the Mind****Meditation**Lecture 5Asana Session 5: *five steps in a meditation practice* | **Reading:**Mastering the Basics1. Chapter 5 skim
2. Chapter 9

Personal Expression Paper #1: The Yamas and Niyamas |
| **6**8/13Lecture8/18Practice | **Pranayama****Chakras and Nadis**Lecture 6Neti pot demonstrationAsana Session 6: *bhastrika, nadi shodhanam, chakra meditation* | **Reading:**Mastering the Basics1. Chapter 6 skim
2. Chapter 7
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| **7**8/20Lecture8/25Practice | **The Yoga Tradition****Styles of Practice**Lecture 7Asana Session 7: s*un salutations* | Homework #4 |
| **8**8/27Lecture9/1Practice | **The Bhagavad-Gita and** **The Paths of Yoga**Lecture 8Asana Session 8: y*in yoga* | Homework #5 |
| **9**9/3Lecture9/8Practice | **Yoga as Medicine**Lecture 9Asana Session 9: y*oga for asthma and arthritis* | **Reading:**Articles on Website1) The Language of Healing 2) Why Well-Being is a Skill that can be LearnedPersonal Expression Paper #2: Visit to a Yoga Studio or Online Class  |
| **10**9/10Lecture9/15Practice | **Ayurveda**Lecture 10Asana Session 10: *yoga for your dosha* | **Reading:**Articles on website1) Ayurveda – Intro and Guide2) Ayurveda & Yoga AsanaTake-home exam |
| **11**9/17Lecture9/22Practice | **The Yoga Sutra**Lecture 11Asana Session 11: *designing your home practice*  | **Reading:**Mastering the Basics p. 230-231Research Paper: Yoga for a specific health condition |
| **12**9/24Lecture9/29Practice | **Introduction to Sanskrit**Lecture 12Asana Session 12: *agni sara* | Asana Practical: My home practice design |