



# Nature Care College

## Yoga & Meditation

<b>DESCRIPTION</b>	This module explores the many different aspects of yoga (including postures, breathing exercises, relaxation techniques and meditation) from both an experiential and philosophical point of view.	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	<p>On completion of this course, students should be able to:</p> <ol style="list-style-type: none"> <li>Utilise in their own daily life, all the different aspects of yoga.           <ul style="list-style-type: none"> <li>exercises to release tension &amp; stress</li> <li>simple yoga postures</li> <li>breathing exercises</li> <li>relaxation techniques</li> <li>meditation</li> </ul> </li> <li>Develop a greater level of self awareness and bring about a greater sense of well being through the use of yoga techniques.</li> <li>Advise clients on which postures relaxation and/or meditation techniques will be most beneficial for their health and wellbeing.</li> <li>Outline the basics of the Philosophy of Yoga</li> </ol> <p><b>Please wear comfortable clothing to class that you can move easily in.            Please do not eat an hour before class starts.</b></p>	
<b>TEACHING METHOD</b>	Practical yoga class. Lecture / Discussion.	
<b>ASSESSMENT</b>	Class Presentation	50%
	Assignment	50%
	<b>Pass mark: Pass / Fail only – No grade available.</b>	
	<b>Both components must be completed and passed in order to pass this subject satisfactorily.</b>	
<b>ATTENDANCE</b>	90% minimum	
<b>PRE-REQUISITES</b>	Nil	

<b>CO-REQUISITES</b>	Nil
<b>MATERIALS REQUIRED</b>	Notebook, pen, comfortable clothing for yoga class.
<b>TEXTBOOKS</b>	<p><b>Compulsory:</b> Nil.</p> <p><b>Recommended Reading / References:</b>  Desikaschar, TKV., <i>The Heart of Yoga</i>, Inner Traditions International Vermont  Mohan, A.G., <i>Yoga For Body, Breath &amp; Mind</i>, Rudra Press, Los Angeles  Kraftsow, G., <i>Yoga for Wellness</i>, Penguin Arkana, New York  Devereux, G., <i>Dynamic Yoga</i>, Thorsons, London  Iyenger, BKS., <i>Light of Yoga</i>, Thorsons, London  Mehta, SMS, <i>Yoga the Iyenger Way</i>, Dorling Kindersley Ltd, London  Satyan, S. &amp; Saraswati, A., <i>Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati</i>, India  Frawley, D., <i>Yoga &amp; Ayurveda</i>, Lotus Press, Winconsin  Cope, S., <i>Yoga &amp; the Quest for the True Self</i>, Bantam Books, New York</p>

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## WEEK-BY-WEEK OUTLINE

<b>WEEK 1</b>	<p><b>Theory</b> Module Outline, What is Yoga?, Paths of Yoga, Principles of Yoga Practice</p> <p><b>Practical Yoga Session</b> General Yoga Class, Sun Salutes</p>
<b>WEEK 2</b>	<p><b>Theory</b> Pranayama, Agni, Nadis, koshas</p> <p><b>Practical Yoga Session</b> Body/Mind/Breath Link, Nadi Shodana</p>
<b>WEEK 3</b>	<p><b>Theory</b> The Yoga Sutras of Patanjali, Eight Fold Path</p> <p><b>Practical Yoga Session</b> Exploring the Eight Fold Path</p>
<b>WEEK 4</b>	<p><b>Theory</b> Yoga Therapy, Brahmana &amp; Langhana</p> <p><b>Practical Yoga Session</b> Restorative Postures</p>

<b>WEEK 5</b>	<b>Theory</b> Chakras, Endocrine System	
	<b>Practical Yoga Session</b> Endocrine Asanas, Chakra Meditation	
<b>WEEK 6</b>	<b>Theory</b> Meditation	
	<b>Practical Yoga Session</b> Tratak Meditation / Loving Kindness	
<b>WEEK 7</b>	<b>Theory</b> Ayurveda & Yoga	
	<b>Practical Yoga Session</b> Yoga & Doshic balance, eating with awareness	
<b>WEEK 8</b>	<b>Student Presentations</b>	
	<b>Practical Yoga Session</b> General Yoga Class	<b>Assignment</b>
	<b>Due</b>	

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.