



## Yoga: Philosophies and Practices Undergraduate Course Information Guide

Course Number: CCA 220, 2 or 4 credits, 10 Weeks  
Delivery Formats: On Campus, Online: Sync, Hybrid

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### Course Description

This course combines an introduction to yoga and meditation techniques with an examination of the scientific and philosophical knowledge of yoga to improve health. Course is appropriate for beginners; no previous experience needed.

### Learning Outcomes

After completing this course, you will be able to:

- Understand basic yoga teachings: 8 limbs of Patanjali’s Yoga Sutras, philosophy of non-duality, Seva: compassion and social justice through yoga practices.
- Demonstrate body awareness and alignment in the yoga postures.
- Understand basic human anatomical systems and functions.
- Perform proper yoga breathing and meditation techniques.
- Understand the therapeutic benefits of yoga practices.
- Study the historic and contemporary cultural reach of yoga.
- Develop and practice a personal asana sequence.

### Learning Strategies and Resources

Some learning activities, assignments and deadlines will vary depending on the delivery format of the course and may differ slightly from what is presented in this document.

- Readings, videos, web links found on D2L.

- Weekly scheduled Zoom meeting-Each week students will meet on Zoom for a discussion of the assigned readings and other materials (videos, ppt, web links, etc.) for approx. 60 minutes.
- Following a brief 'bio-break' the instructor will lead the class in a 75-minute yoga practice including pranayama (breath work), asana (postures), and meditation

## Required Readings

Books and learning materials are available at the DePaul bookstore, at <http://depaul-loop.bncollege.com>, or through alternative sources.

The Heart of Yoga: Developing a Personal Practice, Desikacher, TKV, Inner Traditions International, Rochester, Vermont, 1995. ISBN-10: 089281764X.

Additional readings may be available on Electronic Reserve, at the [DePaul Library](#). Login to Ares Course Reserves and select the course. Log in using your Campus Connect User ID and password. You will then get a page listing the courses in which you're enrolled that have readings posted in Ares. Click on the title of this course and the list of our electronic reserve readings will be displayed.

In addition, each student must have the following:

- Yoga Mat
- 2 yoga blocks
- Yoga strap
- Yoga blanket or a large bath sheet or beach towel

## Learning Deliverables

- Weekly forum posts, weeks 1-7
- Reading responses forums, weeks 2, 6, 9
- Asana Sequence Project, weeks 1-10
- 3 Quizlets, weeks 3, 5, 8
- 2 self-evaluations, weeks 2, 10
- 2 exams, weeks 7, 10
- Research presentation week 8

## Assessment of Student Learning

### Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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### Course Schedule

<b>Week or Module Title or Theme</b>	<b>Readings / Learning Activities</b>	<b>Graded Assignments</b>
Week 1, Module 1: What is Yoga?	Watch welcome video Why Yoga? - Schiffmann Creating a Home Yoga Space Wind Through the Instrument- Schiffmann Desikacher: Heart of Yoga chapter 1- 3 View: The story of Yoga video, Yoga Philosophy ppt, Review Yoga sequence Project	Introduce Yourself discussion forum  Post Weekly Asana Notes
Week 2, Module 2: Physical Yoga	Desikacher: pages 25-71 Avidya Video Diaphragmatic Breathing article/video	Reading response forum Post Weekly Asana Notes Submit Self-evaluation 1

	<p>Interactive Anatomy Illustrations</p> <p>Simple Skeleton, Muscle diagram, Breathing Diagram</p>	
<p>Week 3, Module 3: Yoking the Duality</p>	<p>Review skeleton/muscular system diagrams worksheets</p>	<p>Weekly forum posts</p> <p>Quizlet 1: Pranayama, avidya, pose/counterpose</p> <p>Complete skeleton and muscle diagram</p> <p>Weekly Asana Practice</p>
<p>Week 4, Module 4: Experiencing the Stillness: Yoking the Mind with Meditation</p>	<p>Introduction to dhyana, quiet reflection, sukha/dukha, 3 gunas, Dhyana, Citta Vritti, Samskara</p>	<p>Practice a meditation using online suggestions or an app</p> <p>Review suggestions for presentations</p> <p>Weekly Asana Practice</p>
<p>Week 5, Module 5: Beyond Asana: 8 limbs of yoga</p>	<p>Desikacher 121-140</p> <p>Yoga nidra- meditation and the brain</p> <p>Meditation and the Brain</p>	<p>Weekly forum posts</p> <p>Meditate to guided meditations</p> <p>Quizlet 2: 8 limbs</p> <p>Asana warm up, meditation including yoga nidra</p> <p>Reading reflection 2</p>
<p>Week 6, Module 6: The Mind and the Path- Mantra Mudra Mala</p>	<p>Review bones/muscles</p> <p>Ayurveda healing</p> <p>Review bones/muscles attachment</p>	<p>Reading response forum</p> <p>Review suggestions for student presentation</p> <p>Take Dosha quiz</p> <p>Yoga asana practice</p>

		<p>Weekly asana post</p> <p>Meditate at least once</p> <p>Proposal for presentation</p> <p>Quiz 1</p>
<p>Week 7, Module 7: Inside/Out Ayurveda, subtle body, diet/dosha</p>	<p>Andrew Weil balanced living and eating</p> <p>Video Dr. Weil anti-inflammatory diet</p>	<p>Weekly forum posts</p> <p>Complete research project</p> <p>Weekly asana post</p> <p>Eat a plant-based diet for 2 days</p> <p>Meditate at least once</p> <p>Exam 1</p>
<p>Week 8, Module 8: The Reaches of Yoga Ideas in Contemporary Culture</p>	<p>Review chakra charts/illustrations</p> <p>Opening the Chakras-New Myths and Old Truths</p>	<p>Weekly asana post</p> <p>Quizlet 3: Chakras</p> <p>Reading Response 3 forum</p> <p>Research presentation</p>
<p>Week 9, Module 9: Chakra Talk</p>	<p>Review core muscles</p> <p>Videos, "Is it ok to do yoga?" "Yoga and the Impact of Cultural Appropriation"</p>	<p>Reading response forum</p> <p>Weekly asana posts</p> <p>Complete Quiz 2</p> <p>Final Asana Sequence project</p>
<p>Week 10, Module 10: Yoga and the World</p>	<p>Review of contemporary yoga styles</p>	<p>Submit self-evaluation 2</p> <p>Final Asana Sequence</p> <p>Exam 2</p>

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## Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

[SCPS Student Resources Website](#)

[DePaul Student Handbook](#)

The [D2L Course Website](#) for this course.

## Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

## Course Registration

To find out when this course will be offered next, you can go to the [SCPS Registration website](#) for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

## School of Continuing and Professional Studies

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