COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 173, INTERMEDIATE YOGA II FOR MASSAGE THERAPISTS

COURSE TITLE: Intermediate Yoga II for Massage Therapists
COURSE NUMBER: TMAS 173
PREREQUISITES: TMAS 172 Introduction to Yoga I for Massage Therapists
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 1
CONTACT HOURS: Lab: 2
DATE OF REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2012

CATALOG DESCRIPTION: Considers the holistic approach to Yoga intended for Massage Therapists to continue to care for their bodies, increase flexibility, and decrease manage the stressors more effectively in their lives. A review of beginning postures is covered and intermediate Hatha Yoga postures are taught and demonstrated with emphasis on correct alignment as well as relaxation of body and mind. This course begins to deepen the practice so that application for use with clients can be introduced.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student, through laboratory activities, will be expected to:

1. Demonstrate an understanding of the practice of yoga as it effects the total person.
2. Discuss the importance and reinforce the frequency of the practice in daily life.
3. Discuss and demonstrate the connection between yoga and massage.
4. Demonstrate intermediate Hatha yoga poses for the major muscle groups and joints of the human body.
5. Demonstrate intermediate relaxed, conscious, abdominal, breathing techniques.
6. Demonstrate the importance of safety and conscious movement with self and clients.
7. Demonstrate a home practice Hatha yoga routine for themselves and how to introduce yoga for clients.

COURSE CONTENT: Topical areas of study include –

1. Proper clothing, equipment and practice environment.
2. Warm up and cool down practices to include relaxation techniques.
3. Benefits of a regular yoga practice
5. Proper breathing technique.
6. Refine beginning postures to include but not limited to: Full posture and/or variations of Posterior stretch, Cobra, Spinal Twist, Side Bending, Triangle, Cat and Dog, Fish Locust, Bridge and Boat, Corpse Pose, Wind relieving pose, Half Moon, Child’s Pose, Tree, Lunge, Hamstring stretch, Table, C table stretch, Wide Angle Pose, Mountain pose, Standing Forward Bend, Butterfly, Warrior II, Eagle pose, Awkward Pose.
7. Intermediate postures to include but not limited to: King pigeon pose, reclining hero pose, hero pose, wheel pose, one legged king pigeon pose, standing spread leg forward fold, bow pose, shoulder stand, plough pose, crescent moon pose, wind removing pose, sun salutation with variations, low lunge pose, warrior 1, 2, 3 poses, easy pose, peacock pose, eye of the needle pose, and reclining head to big toe pose.

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