COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 174 ADVANCED YOGA III FOR MASSAGE THERAPISTS

COURSE TITLE: Advanced Yoga III for Massage Therapists
COURSE NUMBER: TMAS 174
PREREQUISITES: TMAS 173 Intermediate Yoga II 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 manage the stressors more effectively in their lives. A review of intermediate postures is covered and advanced Hatha Yoga postures are introduced. Demonstration with emphasis on correct alignment as well as relaxation of body and mind through various breathing exercises and meditation is taught. This course refines the practice so that application for use with clients can be integrated into the massage setting.

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 benefits the total person and massage client.
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 advanced Hatha yoga poses for the major muscle groups and joints of the human body.
5. Demonstrate advanced relaxed, conscious, abdominal, breathing techniques.
6. Demonstrate the importance of safety and conscious movement with self and clients.
7. Demonstrate how to introduce yoga for clients by researching local massage classes and teachers.

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. Review beginning postures to include but not limited to: Full posture and/or variations of Posterior stretch, Cobra, Spinal Twist, Side Bending, Triangle, Cat
7. Refine 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.

8. Advanced breathing and meditation techniques and postures to include posture flows that include the various combinations of beginning and intermediate poses as listed above. Special attention is given to various injuries and conditions that may be helped through the benefits of yoga postures.

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