

Scheme of Work

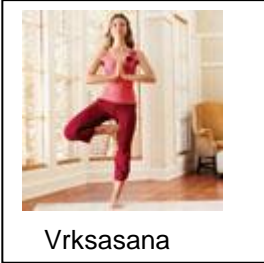
Please note that this is an outline only which may be amended during the course.

Class Title: Yoga

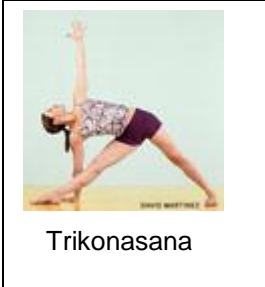
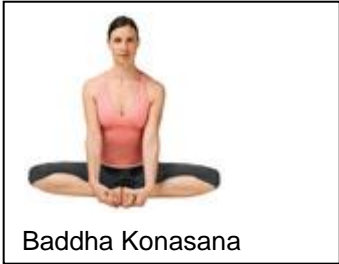
Code:

Tutor. Helen Lloyd Jones.


Term

Session number	Activities	Skills and Knowledge
1	<p>Housekeeping</p> <p>Introduction to Yoga</p> <p>Personal details (These are forms which students fill in where they indicate whether they have any specific medical condition that needs to be considered in their practise of Hatha Yoga)</p> <p>Mobility warm up</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance Posture Vrksasana (Tree)</p>  <p>Vrksasana</p> <p>Introduction to other standing postures Trikonasana</p> <p>Basic Sitting posture Dandasana</p> <p>Neck exercises</p> <p>Warm up ready for relaxation if needed</p> <p>Relaxation session</p>	<p>Hatha Yoga is one of eight strands of Yoga. It is the one we shall be studying.</p> <p>The student will learn that Hatha Yoga is not competitive.</p> <p>The student will be told that over a period of time provided the postures are practised carefully, the body will become stronger and more flexible.</p> <p>The student will be taught to have self awareness of basic posture. The need for a neutral spine and symmetrical posture will be discussed.</p> <p>During all the relaxation sessions in this course, a reading for meditation will be read.</p> <p>N.B These are possible sessions. Should students have specific problems, the class may be re-structured to accommodate those needs.</p> <p>The pictures are from www.yogajournal.com</p> <p>Students are not expected to execute perfect postures in one term! Students are encouraged to try different asanas as they feel ready to attempt them</p>
2	<p>Housekeeping</p> <p>Mobility Warm Up</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance Posture Vrksasana (Tree)</p>	<p>Hatha Yoga allows the body to gradually strengthen and become suppler. This process can not be forced.</p> <p>The same basic postures are practised each week</p> <p>During the course, the student will develop strength by learning to hold postures for</p>

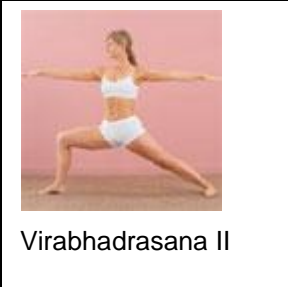
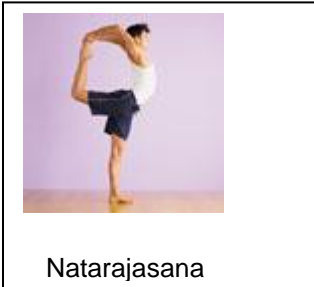
SCHOOLS & LIFELONG LEARNING

	<p>Standing Postures Trikonasana</p>  <p>Trikonasana</p> <p>Parivrtta Parsvakonasana</p> <p>Sitting Postures Dandasana Janu Sirsasana (Forward Bend) Baddha Konasana</p> <p>Practise for Lotus Position Padmasana</p> <p>Eye exercises</p> <p>Warm up if needed</p> <p>Relaxation session</p>	<p>longer periods.</p> <p>In this lesson the student will appreciate that several postures can be carried out in sequence to enable a more advanced posture to be achieved.</p>
<p>3</p>	<p>Housekeeping</p> <p>Mobility Warm Up Introduction to Salutation to the Sun (This works as a mobility warm up but is not always appropriate to an older or less fit student)</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance Vrksasana (Tree)</p> <p>Standing Postures Trikonasana Parivrtta Parsvakonasana</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana</p>  <p>Baddha Konasana</p>	<p>The student will learn the need to strengthen complementary muscles. For example, if a forward bend is practised, then a backward bend should also be practised.</p> <p>The student will learn the need to practise equally on both sides of the body. For example, if Trikonasana is held bending towards the right leg for a count of 5, then it should be practised holding Trikonasana bending towards the left leg for a count of 5</p> <p>There are exceptions to this rule. If there is a student in the class with a definite weakness on one side, then they may practise to strengthen that side in several ways; either by holding a posture longer when it is working the weaker side or by practising the posture more often on that side.</p>


SCHOOLS & LIFELONG LEARNING

	<p>Practise for Lotus Position Padmasana</p> <p>Back extension work Bhujangasana (Cobra)</p> <p>Warm up if needed</p> <p>Relaxation session</p>	
4	<p>Housekeeping</p> <p>Mobility Warm Up Salutation to the Sun</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance Posture Vrksasana (Tree)</p> <p>Standing Postures Trikonasana Parivrtta Parsvakonasana Virabhadrasana II Prasarita Padottanasana I</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana Practise for Lotus Position Padmasana</p> <p>Back extension work Bhujangasana (Cobra)</p> <div data-bbox="459 1301 751 1590" data-label="Image">  <p>Bhujangasana</p> </div> <p>Warm up if needed</p> <p>Relaxation session</p>	<p>Students will be appreciating improvements in their execution of postures</p> <p>By this lesson, the student should have understood the need to listen to the student's own body and to take appropriate rests.</p> <p>Therefore an observer of the class may note, several students holding a posture for a count of 10, 20 or even 30 secs whereas another student may only hold a posture for 5 secs</p> <p>NB This will be the last session where Housekeeping will be discussed unless a new student arrives in the class.</p>
5	<p>Mobility Warm Up Salutation to the Sun</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance postures Vrksasana (Tree)</p> <p>Standing Postures Trikonasana</p>	<p>Modification of asanas</p> <p>Students will be encouraged to think about modifying a posture to meet their own physical limitations.</p> <p>Therefore an observer of the class may see some students whose legs are straight in a posture whereas others will have allowed their knee to bend.</p>

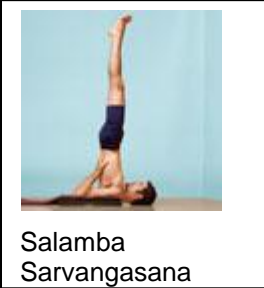

SCHOOLS & LIFELONG LEARNING

	<p>Parivrtta Parsvakonasana Virabhadrasana II</p>  <p>Virabhadrasana II</p> <p>Prasarita Padottanasana I</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana Practise for Lotus Position Padmasana</p> <p>Back extension work Bhujangasana (Cobra)</p> <p>Warm up if needed</p> <p>Relaxation session</p>	<p>Students with severe difficulties may have to use a chair or a stability ball to attempt a posture.</p>
<p>6</p>	<p>Mobility Warm Up Salutation to the Sun</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance work Vrksasana (Tree) Natarajasana (Dancer)</p>  <p>Natarajasana</p> <p>Standing Postures Trikonasana Parivrtta Parsvakonasana Virabhadrasana II Prasarita Padottanasana I</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana Practise for Lotus Position</p>	<p>Yoga is about linking one's own spirit with the Divine Spirit that is within each and every one of us.</p> <p>Hatha Yoga works specifically on strengthening the body and making it healthier.</p> <p>However each posture should be considered an opportunity for meditation in action. Students are encouraged to think about their posture. They are invited to investigate what happens when they take deeper, longer breaths. They are invited to explore whether at they relax into the posture they can better their posture.</p> <p>This concept of relaxing into the effort is explored in this lesson</p>


SCHOOLS & LIFELONG LEARNING

	<p>Padmasana</p> <p>Back extension work Bhujangasana (Cobra) Warm up if needed</p> <p>Relaxation session</p>	
7	<p>Mobility Warm Up Salutation to the Sun Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance work Vrksasana (Tree) Natarajasana (Dancer)</p> <p>Standing Postures Trikonasana Parivrtta Parsvakonasana</p> <div data-bbox="461 846 754 1160" style="border: 1px solid black; padding: 5px; text-align: center;">  <p>Parivrtta Parsvakonasana</p> </div> <p>Virabhadrasana II Virabhadrasana I Prasarita Padottanasana I</p> <p>Postures to remove some stress from the shoulder area. Baddha Hasta Gomukhasana</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana Practise for Lotus Position Padmasana</p> <p>Back extension work Bhujangasana (Cobra)</p> <p>Warm up if needed</p> <p>Relaxation session</p>	<p>As the course progresses, the class is invited to ask for areas in which they particularly want to work.</p> <p>Commonly the shoulder area is requested as today's work places a lot of emphasis on bending forwards, for example to work at a computer, to lean over an operating table, to lean over to work with a child.</p> <p>The class will examine possible ways in which they can remove some of the stress from the shoulder area.</p>
8	<p>Mobility Warm Up Salutation to the Sun</p> <p>Basic Standing Posture Tadasana (Mountain Pose)</p> <p>Balance Work Vrksasana (Tree) Natarajasana (Dancer)</p>	<p>The Headstand is regarded as the King of all the Yoga Asanas and the Shoulderstand as the Queen.</p> <p>There are tremendous benefits to the body when these postures are practised.</p> <p>Only in exceptional circumstances will the Headstand be taught.</p>

SCHOOLS & LIFELONG LEARNING

	<p>Standing Postures Trikonasana Parivrtta Parsvakonasana Prasarita Padottanasana I Virabhadrasana I</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana</p> <p>Back extension work Bhujangasana (Cobra)</p> <p>Inverted postures Salamba Sarvangasana (Supported shoulderstand)</p>  <p>Salamba Sarvangasana</p> <p>Warm up if needed</p> <p>Relaxation session</p>	<p>However the benefits to the student of practising inverted postures need to be experienced.</p> <p>This class will begin to introduce the idea of inverted postures and possible modifications for those students unable to achieve the Shoulderstand.</p>
<p>9</p>	<p>Mobility Warm Up Salutation to the Sun Basic Standing Posture</p> <p>Balance Work Garudasana</p> <p>Standing Postures Trikonasana Parivrtta Parsvakonasana Prasarita Padottanasana I</p> <p>Standing Posture with Twists Parivrtta Trikonasana</p> <p>Sitting Postures Janu Sirsasana (Forward Bend)</p>  <p>Janu Sirsasana</p> <p>Paschimottanasana Baddha Konasana</p>	<p>This session will introduce postures with Twists.</p> <p>It is important that the student has learnt to appreciate the need for an extended spine where all the vertebrae are free to move before the student explores postures with twists. This ensures that the student will practise the twist safely.</p>

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	<p>Back extension work Bhujangasana (Cobra)</p> <p>Inverted Postures Salamba Sarvangasana (Supported shoulderstand)</p> <p>Sitting Twists Bharadvajasana I (Gentle twist, both feet to one side) Ardha Matsyendrasana (Indian How!)</p> <p>Warm up if needed</p> <p>Relaxation session</p>	
<p>10</p>	<p>Mobility Warm Up Salutation to the Sun</p> <p>Basic Standing Posture</p> <p>Balance Postures Garudasana</p> <div data-bbox="486 920 727 1207" data-label="Image">  <p>Garudasana</p> </div> <p>Standing Postures Trikonasana Parivrtta Parsvakonasana Prasarita Padottanasana I</p> <p>Sitting Postures Janu Sirsasana (Forward Bend) Baddha Konasana Practise for Lotus Position Padmasana</p> <p>Back extension work Bhujangasana (Cobra)</p> <p>Warm up if needed</p> <p>Relaxation session</p>	<p>Students will be asked to explore their posture work in depth. They will be asked to identify ways in which they could improve their own work.</p> <p>Since this is the last lesson of this term, students may request their favourite postures.</p> <p>Drop thy still dews of quietness Till all our striving cease: Take from our souls the strain and stress, And let our ordered lives confess The beauty of Thy peace</p> <p style="text-align: right;">John Greenleaf Whittier American Quaker poet</p>



SCHOOLS & LIFELONG LEARNING

Learner name.....

Tutors/Learners please record below any changes/amendments to this scheme and any comments/reminders

Session number	Comments (Tutor / Learner)
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