CSPH 4313 (2 Credits)

HATHA YOGA: TEACHING PRINCIPLES & METHODOLOGY

In Person | Instructor: Katie Schuver

Prerequisite: CSPH 4311 and CSPH 4312

COURSE DESCRIPTION
This course will provide students the opportunity to study communication and sequencing principles necessary for teaching effective, safe Hatha Yoga classes. Using knowledge and skills gained during the first two Hatha Yoga courses, students will develop skills to design and facilitate Hatha Yoga Asana, Pranayama, and meditation techniques. Students will have the opportunity to practice their learned skills through participation in Service Learning teaching.

COURSE OBJECTIVES
At the end of the course, students will be able to:

• Describe and demonstrate safe, effective, & efficient sequencing principles in Hatha Yoga Asana classes
• Lead Hatha Yoga classes using the 5 Key Tools of Hatha Yoga teaching as presented in University of Minnesota Hatha Yoga Teachers’ Education & Training Program
• Identify and teach Pranayama & Meditation techniques
• Describe and demonstrate use of effective communication tools in Hatha Yoga class
• Identify and explain Hatha Yoga Asana sequences for general and special populations
• Explain considerations of Verbal/Visual/Physical cueing and demonstrate proper/safe use of these techniques
• Identify the ethical considerations and legal issues for Hatha Yoga Teachers.

ADDITIONAL INFORMATION
This course is the three course in a sequence of three (3) courses in the University of Minnesota Yoga Teachers’ Education & Training Sequence.

Visit z.umn.edu/csph4313 or contact us at csh-academics@umn.edu for more information.