CSPH 4311 (3 Credits)

FOUNDATIONS OF HATHA YOGA: ALIGNMENT & MOVEMENT PRINCIPLES

In Person | Instructor: Katie Schuver

Prerequisite: College level human anatomy course or instructor consent
Course may be taken concurrently with CSPH 4311

COURSE DESCRIPTION
This course will introduce students to the anatomical considerations and understanding critical to executing safe and effective Hatha Yoga instruction. This course includes, as essential to Hatha Yoga, an overview of human gross anatomy and bodily systems (specifically neuro-musculoskeletal and respiratory systems). Students will learn and practice foundational concepts of Hatha Yoga and movement, as related to Yoga Asana. Additionally, students will be introduced to methods of effectively communicating these principles as a Hatha Yoga instructor.

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

• Identify and discuss major anatomical and biomechanical principles as related to Yoga Asana
• Describe and demonstrate effective (functional) practices and safe movement principles in Hatha Yoga Asana
• Identify and explain various forms of Hatha Yoga
• Describe and demonstrate safe and effective modifications and variations in Yoga Asana sequences for general and special populations
• Identify contraindications to common Hatha Yoga Asana
• Explain the scientific evidence of well-being outcomes associated with Hatha Yoga Asana
• Evaluate functional movement patterns in Hatha Yoga Asana practice
• Describe and demonstrate effective communication tools to verbalize correct anatomical alignment and movement patterns in a Hatha Yoga class setting

ADDITIONAL INFORMATION
If you do not have experience with yoga, it is recommended you complete DNCE 1331 as a prerequisite.

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

Visit z.umn.edu/csph4311 or contact us at csh-academics@umn.edu for more information.