



<b>Course Number</b> <b>Course Name</b>	PHED 1410, Yoga: Stress Relief Yoga
<b>Credit Value</b> <b>(Breakdown of theory and lab credits)</b>	1 Studio
<b>Catalog Course Description</b>	You will learn intermediate Kundalini Yoga in support of stress relief, through its imparting a deeper experience of yogic technology and the principles for managing stress and renewing vitality on a constant basis. (1, OT+1S)
<b>Student Learning Outcomes/Objectives /Competencies of the Course</b>	<p><b>Student Learning Outcomes:</b></p> <p><b>Stress Relief Yoga students will learn the principals for managing stress and renewing vitality on a constant basis.</b> Techniques to relieve internal pressures and increase energy flow, will help to align and balance the body systems and promote inner healing. Stress Relief Yoga is derived from the ancient science of Kundalini Yoga, as taught by Yogi Bhajan, PhD (1929 – 2004).</p> <p><b>To access our vitality, we do not run away from stress; we awaken vitality by dissipating and relieving energy blocks.</b> Vitality is a primary virtue that enables us to manifest all our other virtues and qualities. This leads to higher levels of energy, personal development, and human functioning. Stress Relief Yoga is an experienced based class in breathing technology, movement and postures, and sound current meditation. Dynamic Kundalini Yoga exercises, meditation, and deep relaxation are a part of each class.</p> <p><b>Stress Relief Yoga helps students learn to hone their capacity to manage stressors</b> so that challenging experiences elevate daily life. Through this technology, students learn to manage stress triggers, resolve inner conflicts, and release destructive coping mechanisms as old stress is resolved, leading to an experience of self-fulfillment, which in turn, naturally helps us to be of service to those around us.</p> <p><b>The primary requisite for students to pass the course is to attend class.</b> This is an “<i>experience based</i>” course, which means there is maximum focus on the group process during class and minimal focus on outside study, reading or other homework assignments. Students are encouraged to practice the exercises and meditations at home; however, during sincere participation in the group process students may experience self-transformation and self-healing to promote ongoing positive changes that become incorporated into daily life.</p> <p>Each section below if from one to three classes.</p> <p><b>SECTION ONE:</b> Inner Vitality and Stamina – Mental, Spiritual, and Physical  <b>SECTION TWO:</b> Habits – Promoting and Demoting Habits  <b>SECTION THREE:</b> Health and Wellness  <b>SECTION FOUR:</b> Decision-Making and Ethics  <b>SECTION FIVE:</b> Aging with Grace  <b>SECTION SIX:</b> Humanology – Conscious Communication and Authentic Relationships  <b>SECTION SEVEN:</b> Addiction and Relapse  <b>SECTION EIGHT:</b> Food, Obesity, and Stress  <b>SECTION NINE:</b> Coping Strategy Inventory  <b>SECTION TEN:</b> Endurance and Resiliency</p>

<b>College-Wide Student Learning Outcomes</b>	PHED 1410, Yoga: Stress Relief Yoga learning objectives align with the following NNMC College Wide Goal:  <i>Cultural Competence:</i> <ul style="list-style-type: none"><li>• <i>Students are required to work with distinct cultures and identities</i></li></ul>
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