

### Course description

Course: VINYASA YOGA  
Teacher(s): Fleur van Hille  
Year group: SNDO 1, 2  
Study year: 2019 - 2020  
Weeks (block:) week 37 - 42  
Time: Tuesdays and Fridays 9.15 - 11.15  
Hours: 4 x per week  
Total amount of contact hours: 22  
Total amount of self-study hours (reading, writing, homework tasks, etc.): 0

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of excused absence the minimum required is 70% presence). The full course study points are awarded if student participated in the above mentioned amount *and* in relationship to the quality of participation and development expected for the course.

Content (concept and week to week outline):

#### Structure of the classes

- Awareness of breath, breathing exercises, guided meditation
- Chant AUM 3 times, set intention for practice
- Physical general warm up on music with awareness on breath and physical alignment
- Vinyasa yoga practice: moving the body on the rhythm of breath and music, in order to deepen the concentration and experience meditation in movement
- After standing poses, single out 1 - 3 poses. Move deeper into them with support of the wall, yoga props or a fellow student. Time for questions, exploring, alignment, giving each other feedback.
- Poses on floor: laying down / seated
- Inverted pose (headstand or shoulder stand)
- Shavasana; relaxation and meditation laying down
- Finish with short meditation and chanting AUM 3 times
  
- Throughout the course, the classes will progress in this way:
- More complex yoga poses
- Variety of breathing exercises
- The sequences of the 'vinyasa yoga practice' part, will have a similar base every class, so that the students can deepen their concentration and experience

Note for teachers: your course description needs to be sent to SNDO admin [esther.arribas@ahk.nl](mailto:esther.arribas@ahk.nl) two weeks after the course is confirmed and no later than three (3) weeks prior to the course commencement. This form (must be) available to students in the weeks prior to the start of the course.

meditation in movement. I will however keep adding poses to these sequences, to keep challenging the students.

- The length of each part of a class can vary throughout the weeks.
- My aim/ focus as a teacher is on:
- Creating a safe, open, light hearted atmosphere in class. I will guide the students through, invite them to explore what feels 'right' for their bodies. I'll invite them to pay attention to how they respond mentally/ emotionally to challenges in the practice and how this relates to their physical performance and behaviour in other classes.
- I will listen (literally and figuratively) to the students and offer the themes, poses, instructions that I feel are most helpful for the students to develop and grow.
- One example of this: some groups I feel benefit from focus on physical practice, getting the body to move and the mind to wake up. Other groups can benefit from more practices for the mind, less body-orientated.

Objectives and assessment criteria: (the student is able to..):

- Student has become more aware of thought patterns.
- Student has learned tools to focus the mind/ concentrate.
- Student is able to practice breathing exercises on his/ her own and has learned their different purposes (e.g. calming / energising).
- Student can give a definition of what Yoga is.
- Student is comfortable with partnering up with a fellow student and give instructions and constructive feedback.
- Student is more comfortable with observing the movements of the body, mind and emotions, without judging them as good or bad. This encourages a loving relationship with the body - the dancer's instrument. Learning to listen to the needs of the body.

Literature, websites, background: (as reference or actual course material):

I will share the Yoga philosophy, and related philosophies, verbally.

The students do not need to prepare anything for the classes.

Teaching format:

X technique class  
task directed education  
learning through performance project  
seminar / group work  
stage / work placement  
individual advising  
instruction, self-study, feedback  
peer to peer feedback  
various  
other: please describe

Form of students output:

X process  
product  
presentation  
report  
essay  
(theory) exam  
other: please describe

Assessment by whom:

teacher

Assessment:

progress oriented

Which competences the course contributes to (please refer to the end goals/competences in the SNDO study guide):

INVESTIGATIVE AND REFLECTIVE ABILITIES – Through research and reflection the graduate gains understanding and knowledge about how they function as a professional and can use such insights in an artistic and social context

COLLABORATIVE ABILITY – Following on from their function, the graduate contributes constructively to the realisation of an artistic product or process

Conditions:

- Minimum participation of 90%
- I will look at the attitude with which the student participates in class

Remarks:

x

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