

# Yoga



Transformation is sustained change, and it is achieved through practice.

Yogacharya B.K.S. Iyengar  
Light on Life: The Journey to Wholeness,  
Inner Peace, and Ultimate Freedom

The Iyengar Yoga Institute at UCR Extension is the first in the UC system to offer a sequential professional-level yoga curriculum developed in consultation with Yogacharya B.K.S. Iyengar, the world-renowned yoga teacher from Pune, India.

Whether you are interested in deepening your own yoga practice or teaching yoga to others, this program will give you a solid foundation in all aspects of yoga. Our students are well versed in yogic philosophy, anatomy, physiology, history, Indian culture, and the direct experience of actual practice.

Classes are designed to prepare students for the Teacher-in-Training assessment exam administered by the Iyengar National Association of the United States.

If you're new to yoga, we recommend the Beginning Iyengar Yoga classes. They are open to all students with no previous yoga experience.

For certificate programs and contact information, see page 110.

## Yoga Specialized Study

### Iyengar Yoga, Part I

Introduction to basic principles and practices of Iyengar Yoga through instruction on postures (asanas) from four groups: standing, forward bends, back bends and inverted poses. Includes physical and mental health benefits of each group of asanas.

*Required for Fundamentals of Yoga Specialized Study Program*

**Kishor Stein**, Certified Iyengar Yoga Instructor

**Credit:** 2 units

**Date/Time:** Thurs. 6-8 p.m., Apr. 2-Jun. 4 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$195

Asian Studies X401

**Reg #084-IEY-Y01**

### Cultural Heritage of India

Introduction to India's rich cultural heritage. Instruction explores the great variety in dress, food, customs, religious beliefs, languages and philosophies of today's India and the underlying unity of thought stemming from ancient traditions established in India.

*Required for Fundamentals of Yoga Specialized Study Program*

**Santosh Tandon**, Ph.D., Lecturer and Hindi Instructor, India

**Credit:** 2 units

**Date/Time:** Wed. 6-8 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$240

Sociology X433

**Reg #084-IEY-Y08**

## Yoga

### Beginning Iyengar Yoga

A beginning practice class in Iyengar yoga. The course is designed for the general yoga practitioner interested in developing a personal practice. Instruction includes variations and adaptations of postures as well as the benefits of each group of poses.

**Peggy Cleve**, M.A., Certified Iyengar Yoga Instructor

**Date/Time:** Wed. 3:30-5 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$145

General Interest 803.3

**Reg #084-IEY-Y14**

### Iyengar Yoga for Seniors

Beginning practice class in Iyengar yoga designed for seniors at all levels. The course includes basic instructions for standing poses, forward bends and simple inverted poses. It will enhance flexibility and strengthen muscles.

**Peggy Cleve**, M.A.

**Date/Time:** Wed. 10-11:30 a.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$145 (includes parking)

General Interest 803.6

**Reg #084-IEY-Y15**

### Textbooks

Go to [extension.ucr.edu](http://extension.ucr.edu) for course textbook requirements.

Students enrolled in a course using Blackboard or Moodle need to set up a *NetID* to access their courses. See page 34. Visit our Web site at [www.extension.ucr.edu/online/netid\\_steps.html](http://www.extension.ucr.edu/online/netid_steps.html)

# Yoga Theory and Practice

## Iyengar Yoga, Part II

A continuation of the principles and practice of Iyengar Yoga, Part I. Practice and refinement of techniques of the four basic groups of postures. Balancing poses, twists and breathing techniques are added.

**Prerequisite:** Completion of four quarters of Iyengar Yoga, Part I.

*Required for Certificate in Yoga: Theory and Practice*  
**Kishor Stein**, Certified Iyengar Yoga Instructor

**Credit:** 2 units

**Date/Time:** Wed. 6-8 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$195

Asian Studies X401.5

☐ **Reg #084-IEY-YO2**

## Introduction to the Theory and Practice of Pranayama

Introduces techniques and safe practices of pranayama. Focuses on correct inhalation and exhalation and progresses through the preparatory practices of Svasana (art of relaxation). Techniques and effects of Ujjayi Pranayama and Viloma Pranayama are practiced.

**Prerequisite:** Completion of four quarters of Iyengar Yoga I.

**Instructor to be announced**

**Credit:** 1 unit

**Date/Time:** Wed. 8:15-9:15 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$165

Asian Studies X404

☐ **Reg #084-IEY-Y10**

## CERTIFICATE PROGRAM IYENGAR YOGA PROGRAM



This series of sequential programs covers the theory and practice of the art, science and philosophy of yoga. The series includes a specialized study program in the Fundamentals of Yoga and two certificate programs in Theory and Practice and Teacher Training. The programs are designed for students interested in personal health and well-being, those who want to apply yoga in their current jobs, and those who want to become qualified yoga instructors.

### Certificate Requirements

Each of the three programs may be completed within 12-18 months. Up to six quarter units from accredited institutions may apply to each program if completed within the past five years.

The Fundamentals of Yoga Specialized Study Program is awarded upon successful completion (grade B or better and demonstrated proficiency) of 14.5 units.

The Yoga Theory and Practice Certificate Program is awarded upon successful completion (grade B or better and demonstrated proficiency) of 19.5 units.

The Yoga Teacher Training Certificate Program is awarded upon successful completion (grade B or better and demonstrated proficiency) of 26 units.

### Program Prerequisites

Fundamentals of Yoga Specialized Study Program – No previous experience is necessary.

Yoga Theory and Practice Certificate Program – Participants must have satisfactorily completed the Fundamentals of Yoga Specialized Study Program or demonstrate equivalent experience.

Yoga Teacher Training Certificate Program – Successful completion of the Yoga Theory and Practice Certificate Program.

### Optional Course

Orientation to the Yoga Certificate Programs

### Fundamentals of Yoga Specialized Study Program (14.5 units)

- \* Iyengar Yoga, Part I (four quarters for a total of 8 units are required), page 108  
Basic Concepts of Yoga
- \* Cultural Heritage of India, page 108  
Philosophical History and Foundations of Yoga  
Anatomy and Physiology for Yoga, Part A

### Yoga Theory and Practice Certificate Program (19.5 units)

- \* Iyengar Yoga, Part II (four quarters for a total of 8 units are required), page 109
- \* Introduction to the Theory and Practice of Pranayama (Four quarters for a total of 4 units are required), page 109  
History of Indian Philosophy, Part A
- \* History of Indian Philosophy, Part B, page 110  
Introduction to the Yoga Sutras of Patanjali
- \* Anatomy and Physiology for Yoga, Part B, page 110

### Yoga Teacher Training (26 units)

- \* Iyengar Yoga III (four quarters for a total of 8 units are required), page 110
- \* Pranayama Theory & Practice (four quarters for a total of 4 units are required), page 110  
Teaching Iyengar Yoga Postures: Standing Poses  
Teaching Iyengar Yoga Postures: Seated and Forward Extensions  
Teaching Iyengar Yoga Postures: Inverted Poses  
Yoga Workshops (three workshops for a total of 1.5 units are required)
- \* Yoga for Seniors, page 108
- \* Yoga for Back Pain, page 110  
Yoga for Stress  
Ethics of Yoga Instruction  
Survey of Selected Works: Bhagavadgī5
- \* CPR and Basic First Aid, page 57
- \* Supervised Student Teaching, page 110

\* Offered at this time.  
For certificate enrollment form and fees, see page 5.  
For more information, contact Stacy Sweeney at (951) 827-1701 or yoga@ucx.ucr.edu.

## History of Indian Philosophy, Part B

This course is designed to cover the later development of Indian philosophical thought into six different systems. Regardless of differences in their theories, all the systems reflect a definite relationship with the precepts of yoga.

**Prerequisite:** Ast. X420, History of Indian Philosophy, Part A.

*Required for Certificate in Yoga: Theory and Practice*

*Required for Certificate in Yoga: Teacher Training*

**Santosh Tandon**, Ph.D., Lecturer and Hindi Instructor. Dr. Tandon received her M.A. and Ph.D. degrees from Delhi University, India.

**Credit:** 2 units

**Date/Time:** Mon. 6-8 p.m., Mar. 30-Jun. 1 (one meeting to be arranged) (no meeting May 25) (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$240

Asian Studies X420.5

**Reg #084-IEY-Y09**

## Anatomy and Physiology for Yoga, Part B

A survey of the structure and functions of the human body. Emphasis is on cell organization, tissues and systems: skin, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive.

**Prerequisite:** Parts A and B do not have to be taken in sequence

*Required for Certificate in Yoga: Theory and Practice*

*Required for Certificate in Yoga: Teacher Training*

**Katharyn K. Taylor**, B.S., Registered Respiratory Therapist and Licensed Respiratory Care Practitioner

**Credit:** 1.5 units

**Date/Time:** Tues. 6-7:30 p.m., Mar. 31-Jun. 2 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$195

Biology X445.B

**Reg #084-IEY-Y07**

## Yoga Teacher Training

### Iyengar Yoga, Part III

A four-quarter course that prepares students to teach beginners. Each quarter focuses on a group of asanas from the introductory syllabus in Iyengar Yoga I and II. Emphasis is on understanding asana as a process.

**Prerequisite:** Completion of four quarters of Ast. X401.7, Iyengar Yoga, Part II.

*Required for Certificate in Yoga: Teacher Training*

**Deb Murray**, P.T., Certified Iyengar Yoga Instructor

**Credit:** 2 units

**Date/Time:** Wed. 6-8 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$195

Asian Studies X401.7

**Reg #084-IEY-Y03**

### Pranayama Theory and Practice

A continuation of breath regulation and practices begun in "Introduction to the Theory and Practice of Pranayama." Develops and expands the techniques for the effective practice of pranayama. The course will focus on seated pranayama.

**Prerequisite:** Completion of four quarters of Ast. X404, Introduction to the Theory and Practice of Pranayama, as well as concurrent enrollment in Ast. X401.5, Iyengar III.

*Required for Certificate in Yoga: Teacher Training*

**Deb Murray**, P.T.

**Credit:** 1 unit

**Date/Time:** Wed. 8:15-9:15 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$165

Asian Studies X405

**Reg #084-IEY-Y13**

## Supervised Student Teaching

Apply the principles and techniques of teaching, including developing and presenting lesson plans, under an instructor's supervision. This requirement must be completed by teaching in this program and may not be fulfilled by teaching in another program or with prior experience.

**Note:** 20 hours supervised training in addition to class hours.

*Required for Certificate in Yoga: Teacher Training*

**Instructor to be announced**

**Credit:** 3 units

**Date/Time:** Wed. 3:30-6:30 p.m., Apr. 1-Jun. 3 (10 meetings)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$325

Physical Education X470

**Reg #084-IEY-Y16**

## Yoga for Back Pain

This course addresses back pain and how to assist individuals in managing simple back pain problems. Discussion includes anatomy of the spine and its attachments, adjusting the sequence of asanas and using appropriate props.

**Prerequisite:** Completion of four quarters of Ast. X401.5, Iyengar Yoga II, or consent of instructor.

*Elective for Certificate in Yoga: Teacher Training*

**Anna Delury**, B.S., Certified Iyengar Yoga Instructor

**Credit:** .5 unit

**Date/Time:** Sat. 10 a.m.-3 p.m., Apr. 18 (1 meeting)

**Location:** UCR: Extension Center, 1200 University Ave.

**Fee:** \$100

Asian Studies X402.1

**Reg #084-IEY-Y17**

## Department Contacts:

**Certificate in:**

**The Iyengar Yoga Program**

To Enroll: See page 116.

Contact: Stacy Sweeney

(951) 827-9642 or

(951) UCR-YOGA

[yoga@ucr.edu](mailto:yoga@ucr.edu)