

# Yoga

“Yoga aims for complete awareness in whatever you do.”

Yogacharya B.K.S. Iyengar  
Guruji Uwach:

For certificate programs and contact information, see page 81.

## 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*

**Peggy Cleve, M.A.**, Certified Iyengar Yoga Instructor. Cleve has been practicing yoga since 1982. She has been to India numerous times to study at the B.K.S. Iyengar Institute and continues to attend workshops and conferences on yoga.

**Credit:** 2 units

**Date/Time:** Wed. 6-8 p.m., Jun. 24-Aug. 26 (10 meetings)

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

**Fee:** \$195

Asian Studies X401.5

Reg #091-IEY-Y02

### Introduction to the Yoga Sutras of Patanjali

A study of the classical yoga text which still defines all forms of yoga practiced today. Patanjali's Yoga Sutra book consists of 196 aphorisms divided into four chapters on contemplation, practice, powers, and liberation. The course presents an introduction to the translation and basic explanation of the sutras.

*Required for Certificate in Yoga: Theory and Practice*

**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:** Tues. 6-8 p.m., Jun. 23-Aug. 25 (10 meetings)

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

**Fee:** \$240

Asian Studies X411

Reg #091-IEY-Y06

### 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.

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

**Credit:** 1 unit

**Date/Time:** Wed. 8:15-9:15 p.m., Jun. 24-Aug. 26 (10 meetings)

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

**Fee:** \$165

Asian Studies X404

Reg #091-IEY-Y04

## 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.

**Kishor Stein**, Certified Iyengar Yoga Instructor

**Date/Time:** Tues. 3:30-5 p.m., Jun. 23-Aug. 25 (10 meetings)

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

**Fee:** \$145

General Interest 803.3

Reg #091-IEY-Y14

## 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:** Mon. 6-8 p.m., Jun. 22-Aug. 24 (10 meetings)

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

**Fee:** \$195

Asian Studies X401

Reg #091-IEY-Y01

# Yoga Teacher Training

## Iyengar Yoga, Part III

A four-quarter course that prepares the student for teaching beginners. Emphasis is on understanding asana as a process. Students learn the sequencing of postures and techniques for preparing to teach.

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

*Required for Certificate in Yoga: Teacher Training*

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

**Credit:** 2 units

**Date/Time:** Wed. 6-8 p.m., Jun. 24-Aug. 26 (10 meetings)

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

**Fee:** \$195

**Asian Studies X401.7**

□ **Reg #091-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 Yoga III.

*Required for Certificate in Yoga: Teacher Training*

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

**Credit:** 1 unit

**Date/Time:** Wed. 8:15-9:15 p.m., Jun. 24-Aug. 26 (10 meetings)

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

**Fee:** \$165

**Asian Studies X405**

□ **Reg #091-IEY-Y11**

## Department Contacts:

### **Certificate in:**

### **The Iyengar Yoga Program**

To Enroll: See page 92.

Contact: Stacy Sweeney

(951) 827-9642 or

(951) UCR-YOGA

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

## 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)

Basic Concepts of Yoga

Cultural Heritage of India

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)

Introduction to the Theory and Practice of Pranayama (Four quarters for a total of 4 units are required)

History of Indian Philosophy, Part A

History of Indian Philosophy, Part B

Introduction to the Yoga Sutras of Patanjali

Anatomy and Physiology for Yoga, Part B

### **Yoga Teacher Training (26 units)**

Iyengar Yoga III (four quarters for a total of 8 units are required)

Pranayama Theory & Practice (four quarters for a total of 4 units are required)

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

Yoga for Back Pain

Yoga for Stress

Ethics of Yoga Instruction

Survey of Selected Works: Bhagavadgītā

CPR and Basic First Aid

Supervised Student Teaching

For certificate enrollment form and fees, see page 92.

For more information, contact Stacy Sweeney at (951) 827-1701 or [yoga@ucx.ucr.edu](mailto:yoga@ucx.ucr.edu).