



## Locally Developed Courses

# Yoga

For the 2023-2024 School Year

# Introduction to the Yoga Course Sequence

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*Subject: Career and Technology Studies - Discipline: Recreation Leadership*

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In Yoga students experience the health benefits of the discipline of yoga and develop skills that enable them to develop well-being, balance multiple aspects of their lives, and manage priorities. Yoga is a holistic pursuit of wellness where students are encouraged to challenge their limits, both physically and psychologically. By experiencing these challenges, while learning in a supportive group setting, students will gain a better sense of identity, both as individuals and as active agents of a broader world.

Through the practice of yoga, students will develop deep physical literacy in numerous ways and increase their self-awareness, including learning how to relax at will. They will learn to identify the precursors of stress and release them, which will assist them in making responsible personal choices and decisions.

At times, students will work in groups, refining communication skills and collaborating to build understanding, advance learning goals and foster an increased sense of community while experiencing and honouring the benefits of yoga in a healthy, active lifestyle.

## Student Need

The yoga sequence provides a specific response to the need for further opportunities to provide students with high quality physical activity in the high school setting. The growing popularity of yoga, both locally as well as within Canada, accentuates the focus of yoga as a way to develop physical skills as well as self-awareness. An emphasis on focus and relaxation makes this sequence a valuable addition to the high school curriculum options. This course also helps students to develop a strong foundation for further yoga practice, which can be a lifelong pursuit. . This sequence provides additional opportunities for students to develop and refine learner competencies, including the exploration and development of identity, recognizing the importance of diverse cultures, building resiliency, and learning through interactions with others.

# Courses in the Yoga Course Sequence

## Yoga 15 (LDC1449)

In Yoga 15, students experience the beginning health benefits of the practice and discipline of yoga and begin to develop awareness and skills in building and maintaining health, well-being and personal management. These same skills enable students to balance school, work and life priorities.

Required Equipment:  
yoga mats, yoga blocks, yoga straps, bolsters, blankets

Health and Safety:  
Health and safety risks may be addressed through teacher training in safety precautions relevant to the practice of yoga, the understanding of the developmental levels of the students, and a strong knowledge of anatomy as it applies to yoga. This teacher training may be by completing a yoga teacher training program.

Prerequisites: None

Versions Available: (Each version must be locally approved by Board Motion prior to offering to students.)

Credit Level	First School Year	Last School Year
3	2023-2024	2026-2027
5	2023-2024	2026-2027

## Yoga 25 (LDC2449)

In Yoga 25, students continue to build upon and experience the health benefits of the practice and discipline of yoga while continuing to develop awareness and skills in building and maintaining health, well-being and personal management. These developing skills enable students to balance school, work and life priorities.

Required Equipment:yoga mats, yoga blocks, yoga straps, bolsters, blankets  
Health and Safety:Health and safety risks may be addressed through teacher training in safety precautions relevant to the practice of yoga, the understanding of the developmental levels of the students, and a strong knowledge of anatomy as it applies to yoga. This teacher training may be by completing a yoga teacher training program.

Prerequisites:

- All of the following:
  - Yoga 15 (LDC1449)
- 1 of the following:
  - Yoga 15 (LDC1449)
  - Yoga Fitness 15 (LDC1909)
- 1 of the following:
  - Yoga 15 (LDC1449)
  - Yoga Fitness 15 (LDC1019)
  - Yoga Fitness 15 (LDC1909)

Versions Available: (Each version must be locally approved by Board Motion prior to offering to students.)

Credit Level	First School Year	Last School Year
3	2023-2024	2026-2027
5	2023-2024	2026-2027

## Yoga 35 (LDC3449)

In Yoga 35, students continue to build and develop more awareness of the health benefits of the practice and discipline of yoga to keep maintaining health, well-being and personal management. These enhanced skills enable students to balance school, work and life priorities.

### Required Equipment:

yoga mats, yoga blocks, yoga straps, bolsters, blankets

### Health and Safety:

Health and safety risks may be addressed through teacher training in safety precautions relevant to the practice of yoga, the understanding of the developmental levels of the students, and a strong knowledge of anatomy as it applies to yoga. This teacher training may be by completing a yoga teacher training program.

### Prerequisites:

- All of the following:
  - Yoga 25 (LDC2449)
- 1 of the following:
  - Yoga 25 (LDC2449)
  - Yoga Fitness 25 (LDC2909)
- 1 of the following:
  - Yoga 25 (LDC2449)
  - Yoga Fitness 25 (LDC2019)
  - Yoga Fitness 25 (LDC2909)

Versions Available: (Each version must be locally approved by Board Motion prior to offering to students.)

Credit Level	First School Year	Last School Year
3	2023-2024	2026-2027
5	2023-2024	2026-2027

## Curriculum Outline

Curriculum Elements		Yoga 15-3	Yoga 15-5	Yoga 25-3	Yoga 25-5	Yoga 35-3	Yoga 35-5
1	<b>Topic</b> Postures, Breathing, Relaxation Techniques	✓	✓	✓	✓	✓	✓
1.1	<b>General Outcome</b> How does performing the postures, asanas, breathing techniques and relaxation techniques of a yoga practice assist in experiencing wellness benefits?	✓	✓	✓	✓	✓	✓
1.1.1	<b>Specific Outcome</b> Perform and practice these basic yoga postures: setu bandha sarvangasana; ustrasana; bhujangasana; savasana; gomukhasana; adho mukha svanasana; utthita parsvakonasana; parsvottanasana; utkatasana, adho mukha virasana; malasana; parighasana; ardha chandrasana; virasana; tadasana; bharadvajasana I; marichyasana I; dandasana; uttanasana; vrksasana; utthita trikonasana; irabhadrasana I; virabhadrasana II; prasarita padottanasana	✓		✓		✓	
1.1.2	<b>Specific Outcome</b> Practice to refine these basic yoga postures: setu bandha sarvangasana; ustrasana; bhujangasana; savasana; gomukhasana; adho mukha svanasana; utthita parsvakonasana; parsvottanasana; utkatasana; adho mukha virasana; malasana; parighasana; ardha chandrasana; virasana; tadasana; bharadvajasana I; marichyasana I; dandasana; uttanasana; vrksasana; utthita trikonasana; irabhadrasana I; virabhadrasana II; prasarita padottanasana		✓		✓		✓
1.1.3	<b>Specific Outcome</b> Practice advanced yoga postures: triang mukhaikapada pascimottanasana; navasana, paripurna & ardha; baddha konasana; gomukhasana; natarajasana; garudasana; chataranga dandasana; malasana; ardha matsyendrasana; janu sirsasana; padangusthasana; chatushpadasana; salabasana & makrasana; eka pada adho mukha svasana; halasana; supta baddha konasana; supta padangusthasana; supta virasana; marichyasana I, paschimottanasana; siddhasana; surya namasakara; urdhva mukha svanasana; dhanurasana			✓		✓	
1.1.4	<b>Specific Outcome</b> Practice to refine advanced yoga postures triang mukhaikapada pascimottanasana; navasana, paripurna & ardha; , baddha konasana; gomukhasana; natarajasana; garudasana; chataranga dandasana; malasana; ardha matsyendrasana; janu sirsasana; padangusthasana; chatushpadasana; salabasana & makrasana; eka pada adho mukha svasana, halasana, supta baddha konasana; supta padangusthasana; supta virasana; marichyasana I, paschimottanasana; siddhasana; surya namasakara; urdhva mukha svanasana; dhanurasana				✓		✓
1.1.5	<b>Specific Outcome</b> Practice more advanced yoga postures: krauncasana; parivrtta ardha chandrasana; parivrtta parsvakonasana; parivrtta trikonasana; salamba sarvangasana; utthita hasta padangusthasana; lolasana; vishnu's couch, ananatasana; eka hasta bhujasana; dwi hasta bhujasana; virabhadrasana III; viparita dandasana					✓	

Curriculum Elements		Yoga 15-3	Yoga 15-5	Yoga 25-3	Yoga 25-5	Yoga 35-3	Yoga 35-5
1.1.6	<b>Specific Outcome</b> Practice to refine more advanced yoga postures: krauncasana; parivrtta ardha chandrasana; parivrtta parsvakonasana; parivrtta trikonasana; salamba sarvangasana; utthita hasta padangusthasana; lolasana; vishnu's, ananatasana; eka hasta bhujasana; dwi hasta bhujasana; virabhadrasana III; viparita dandasana						✓
1.1.7	<b>Specific Outcome</b> Demonstrate safely and comfortably using yoga blocks and yoga straps to practice poses	✓		✓		✓	
1.1.8	<b>Specific Outcome</b> Demonstrate and refine; safely and comfortably, using yoga blocks and yoga straps to practices poses		✓		✓		✓
1.1.9	<b>Specific Outcome</b> Demonstrate improved flexibility, strength and range of motion in performance of postures	✓		✓		✓	
1.1.10	<b>Specific Outcome</b> Demonstrate and refine improved flexibility, strength and range of motion in performance of postures		✓		✓		✓
1.1.11	<b>Specific Outcome</b> Develop an increasing awareness and proficiency in day-to-day practice of yoga postures	✓	✓	✓	✓	✓	✓
1.1.12	<b>Specific Outcome</b> Practice basic yogic breathing techniques using ujjayi I and II, and bramari. Explain their importance for concentration, calming and focus	✓		✓		✓	
1.1.13	<b>Specific Outcome</b> Practice, demonstrate and refine basic yogic breathing techniques using ujjayi I and II, and bramari. Explain their importance for concentration, calming and focus		✓		✓		✓
1.1.14	<b>Specific Outcome</b> Practice the following more advanced breathing techniques viloma I, II & III, and nadishodana. Explain their importance for improved concentration and heightened awareness, calming and focus			✓		✓	
1.1.15	<b>Specific Outcome</b> Practice, demonstrate and refine the following more advanced breathing techniques: viloma I, II & III, and nadishodana. Explain their importance for improved concentration and heightened awareness, calming and focus				✓		✓
1.1.16	<b>Specific Outcome</b> Practice the following relaxation techniques corpse pose/savasana and restorative postures	✓		✓		✓	
1.1.17	<b>Specific Outcome</b> Practice and reflect upon the following relaxation techniques: corpse pose/savasana and restorative postures		✓		✓		✓

Curriculum Elements		Yoga 15-3	Yoga 15-5	Yoga 25-3	Yoga 25-5	Yoga 35-3	Yoga 35-5
2	<b>Topic</b> Personal Understanding of Unique Needs, Limitations and Growth in Yoga	✓	✓	✓	✓	✓	✓
2.1	<b>General Outcome</b> How can students develop an understanding of their unique needs, limitations and growth through yoga?	✓	✓	✓	✓	✓	✓
2.1.1	<b>Specific Outcome</b> Develop an increased appreciation for the body's inherent health, strengths and abilities in the yoga classroom setting	✓		✓		✓	
2.1.2	<b>Specific Outcome</b> Develop an increased appreciation for the body's inherent health, strengths and abilities both in yoga-class-based settings and beyond		✓		✓		✓
2.1.3	<b>Specific Outcome</b> Develop increased body awareness and inner confidence through participation in the yoga classroom setting	✓		✓		✓	
2.1.4	<b>Specific Outcome</b> Develop increased body awareness and inner confidence through participation in both yoga class-based settings and beyond		✓		✓		✓
2.1.5	<b>Specific Outcome</b> Safely explore and challenge individual limitations in personal yoga practice in a healthy and non-competitive manner in the yoga classroom setting			✓	✓	✓	✓
2.1.6	<b>Specific Outcome</b> Demonstrate a deepened sense of well-being, self-care and self-understanding in the yoga classroom setting					✓	✓
2.1.7	<b>Specific Outcome</b> Demonstrate an increased awareness of balance in their personal learning environments, such as balance between core subjects and yoga						✓
3	<b>Topic</b> Personal Benefits from the Practise of Yoga	✓	✓	✓	✓	✓	✓
3.1	<b>General Outcome</b> How can students benefit personally from practicing yoga?	✓	✓	✓	✓	✓	✓
3.1.1	<b>Specific Outcome</b> Demonstrate modification poses and demonstrate modifications using yoga blocks and straps for maximum personal benefit, alignment and safety	✓	✓	✓	✓	✓	✓
3.1.2	<b>Specific Outcome</b> Identify, select and demonstrate appropriate modification poses and the demonstrate modifications using yoga blocks and straps, for maximum personal benefit, alignment and safety	✓	✓	✓	✓	✓	✓
3.1.3	<b>Specific Outcome</b> Identify, develop and modify specific postures and asanas that benefit particular body needs. Identify strengths and areas for growth in personal yoga practice					✓	✓

Curriculum Elements		Yoga 15-3	Yoga 15-5	Yoga 25-3	Yoga 25-5	Yoga 35-3	Yoga 35-5
3.1.4	<b>Specific Outcome</b> Describe and elaborate on personal experiences in developing and modifying mindfulness techniques while walking, lying and sitting						✓
3.1.5	<b>Specific Outcome</b> Apply teacher feedback to personal yoga practice	✓	✓	✓	✓	✓	✓
3.1.6	<b>Specific Outcome</b> Develop a personal yoga practice plan based on personal goals		✓		✓	✓	✓
3.1.7	<b>Specific Outcome</b> Adapt and refine a personal yoga practice plan based on feedback from the teacher				✓	✓	✓
3.1.8	<b>Specific Outcome</b> Develop a general understanding of alignment, mechanics and benefits of poses	✓	✓	✓	✓	✓	✓
3.1.9	<b>Specific Outcome</b> Develop an advanced understanding of alignment, mechanics and benefits of poses			✓	✓	✓	✓
3.1.10	<b>Specific Outcome</b> Develop a general understanding of which yoga poses specifically target particular needs			✓	✓	✓	✓
3.1.11	<b>Specific Outcome</b> Develop an advanced understanding of which yoga poses specifically target particular needs					✓	✓
4	<b>Topic</b> Anatomy in Yoga	✓	✓	✓	✓	✓	✓
4.1	<b>General Outcome</b> How is an understanding of anatomy and physiology relevant to yoga?	✓	✓	✓	✓	✓	✓
4.1.1	<b>Specific Outcome</b> Explore and identify the functions of the diaphragm, intercostal muscles and lungs in yoga postures or asanas	✓					
4.1.2	<b>Specific Outcome</b> Explain the functions of the diaphragm, intercostal muscles and lungs in yoga postures or asanas		✓				
4.1.3	<b>Specific Outcome</b> Summarize major skeletal and muscular structures applicable to yoga postures or asanas	✓		✓		✓	
4.1.4	<b>Specific Outcome</b> Summarize both major and minor skeletal and muscular structures applicable to yoga postures or asanas		✓		✓		✓



Curriculum Elements		Yoga 15-3	Yoga 15-5	Yoga 25-3	Yoga 25-5	Yoga 35-3	Yoga 35-5
4.1.5	<b>Specific Outcome</b> Explore and identify basic joint and supporting tissue structure functions applicable to yoga postures or asanas, with respect to shoulders and hips			✓		✓	
4.1.6	<b>Specific Outcome</b> Describe basic joint and supporting tissue structure functions applicable to yoga postures or asanas, with respect to shoulders and hips				✓		✓
4.1.7	<b>Specific Outcome</b> Explore and identify principles of physiology associated with yoga postures or asanas, in general	✓		✓		✓	
4.1.8	<b>Specific Outcome</b> Explain principles of physiology associated with yoga postures or asanas, in general		✓		✓		✓
4.1.9	<b>Specific Outcome</b> Explore and identify specific anatomical and physiological benefits and improvements resulting from the practice of specific postures or asanas and families of postures or asanas			✓		✓	
4.1.10	<b>Specific Outcome</b> Describe specific anatomical and physiological benefits and improvements resulting from the practice of specific postures or asanas and families of postures or asanas				✓		✓
4.1.11	<b>Specific Outcome</b> Explore and identify the biomechanics and kinesiology of specific yoga postures or asanas					✓	
4.1.12	<b>Specific Outcome</b> Analyze the biomechanics and kinesiology of specific yoga postures or asanas						✓
5	<b>Topic</b> History of Yoga as an Art, Science and Philosophy	✓	✓	✓	✓	✓	✓
5.1	<b>General Outcome</b> What are the historical roots of yoga as an art, science and philosophy?	✓	✓	✓	✓	✓	✓
5.1.1	<b>Specific Outcome</b> Explore and identify the meaning of the Sanskrit word, Yoga	✓		✓		✓	
5.1.2	<b>Specific Outcome</b> Describe the meaning of the Sanskrit word, Yoga		✓				✓
5.1.3	<b>Specific Outcome</b> Investigate the origins of yoga as a discipline and the history and philosophy of yoga as an art and a science	✓				✓	
5.1.4	<b>Specific Outcome</b> Explain the origins of yoga as a discipline and summarize the history and philosophy of yoga as an art and a science		✓		✓		✓

Curriculum Elements		Yoga 15-3	Yoga 15-5	Yoga 25-3	Yoga 25-5	Yoga 35-3	Yoga 35-5
5.1.5	<b>Specific Outcome</b> Investigate the outline of introductory yoga sutras, traced from original historic yogic texts			✓		✓	
5.1.6	<b>Specific Outcome</b> Summarize the outline of introductory yoga sutras, traced from original historic yogic texts				✓		✓
5.1.7	<b>Specific Outcome</b> Explore and identify yoga sutras, traced from historic yogic texts					✓	
5.1.8	<b>Specific Outcome</b> Critically assess yoga sutras, traced from historic yogic texts						✓
5.1.9	<b>Specific Outcome</b> Explore and identify the Eight Limbs of Yoga and their source, from early yogic texts	✓		✓		✓	
5.1.10	<b>Specific Outcome</b> Summarize the Eight Limbs of Yoga and their source, from early yogic texts		✓		✓		✓
5.1.11	<b>Specific Outcome</b> Explore and identify the Sanskrit names, and English meanings of, basic postures or asanas	✓		✓		✓	
5.1.12	<b>Specific Outcome</b> Describe the Sanskrit names, and English meanings of basic postures or asanas		✓		✓		✓
5.1.13	<b>Specific Outcome</b> Explore the history of yoga, with respect to its growth in popularity in North America, looking at current styles of yoga such as Iyengar, Ashtanga, Yin and Restorative			✓		✓	
5.1.14	<b>Specific Outcome</b> Summarize the history of yoga, especially with respect to its growth in popularity in North America, looking at current styles of yoga such as Iyengar, Ashtanga, Yin and Restorative						✓
5.1.15	<b>Specific Outcome</b> Identify and explore two or more of the great yoga masters					✓	
5.1.16	<b>Specific Outcome</b> Describe the teachings of two or more of the great yoga masters						✓

## Statement of Overlap with Existing Programs

Similar / Overlapping Courses	Description of Similarity / Overlap - Rationale
Physical Education 10	Some Physical Education courses provide some exposure to yoga through the non-locomotor activity outcome, which students apply and refine non-locomotor skills and concepts to perform and create a variety of activities
	The term yoga, nor any of the associated poses do not appear anywhere within the Physical Education program of study and are only taught if the non-locomotor outcome is interpreted through some yoga inspired movement.
Physical Education 20	Some Physical Education courses provide some exposure to yoga through the non-locomotor activity outcome, which students apply and refine non-locomotor skills and concepts to perform and create a variety of activities
	The term yoga, nor any of the associated poses do not appear anywhere within the Physical Education program of study and are only taught if the non-locomotor outcome is interpreted through some yoga inspired movement
Physical Education 30	Some Physical Education courses provide some exposure to yoga through the non-locomotor activity outcome, which students apply and refine non-locomotor skills and concepts to perform and create a variety of activities
	The term yoga, nor any of the associated poses do not appear anywhere within the Physical Education program of study and are only taught if the non-locomotor outcome is interpreted through some yoga inspired movement