



The Science and Practice of Yoga

I. The Practice of Yoga

- A. The Wheel of Awareness
- B. Setting up for Meditation
- C. Mindfulness Meditation
- D. Body Scan
- E. Diaphragmatic Breath

II. Being Well in a Digital Age

- A. Introduction to the Digital Age
- B. The Effects of the Digital Age
- C. Well-Being: An Introduction
- D. The Meaning of Well-Being
- E. The Brain Science of Well-Being
- F. A River of Well-Being
- G. On the mat.
 - 1. Victorious Breath, poses
 - 2. Mindfulness Meditation
 - 3. Compassion Meditation
 - 4. 5 Senses Meditation

- H. Off the mat
 - 1. Awakening to Habits
 - 2. Wiring in the Pause
 - 3. Monitoring Your Goal

III. The science of yoga

- A. Why We Need the Science of Yoga

- B. Western and Eastern Perspectives**
- C. Introduction to the Research on Yoga**
- D. Yoga and Physical Health**
- E. Yoga and Mental Health**
- F. On the mat**
 - 1. Warrior 1, Warrior 2**
 - 2. Crescent Lunge and Crescent Twist**
 - 3. High Plank, Low Plank, Up-Dog & Down Dog Transition**
- G. Off the mat.**
 - 1. Reflecting on Your Goal**

IV. Stress: Survive and Thrive

- A. What is Stress?**
- B. Bodily Systems Involved in Stress**
- C. How Stress Affects Your Body**
- D. Autonomic Imbalance**
- E. The Intervention of Presence**
- F. The Science of Self-Compassion**
- G. On the mat.**
 - 1. The Science of Self-Compassion**
 - 2. Halfway Lift, Triangle, Pyramid, and Revolved Triangle**
 - 3. Expansive Breath**
- H. Off the mat.**
 - 1. The Off Switch**
 - 2. Exploring Common Humanity**
 - 3. Practicing Mindfulness with Your Course Goal**

V. Linking Mind & Body

- A. The Mind-Body Connection**
- B. Musculoskeletal Wellness**
- C. The Anatomy of Breath**
- D. Breath and the Vagus Nerve**
- E. On the mat**
 - 1. 4-7-8 Breath**
 - 2. Coherent Breathing Practice**
 - 3. Sphinx, Seal, Bridge, and Wheel**

4. Legs-up, Half pigeon, and Full Pigeon

5. Single Leg Forward Fold, Supine Twist, and Twisted Roots