

The Chinese University of Hong Kong
Physical Education Unit
Yoga
Course Content

Week	Session 1	Session 2
1	1. Course Introduction 2. Class Regulations 3. Safety Precautions	4. Introduction on Yoga 5. Basic stretching for warm-up 6. Basic techniques on yoga breathing
2	1. Breathing Practice 2. Asana: (i) Mountain Pose (ii) Eagle Pose (iii) Standing Half Forward Bend (iv) Staff Pose	(v) Wide Angle Seated Forward Bend (vi) Sphinx Pose (vii) Child Pose (viii) Half Lord of the Fishes Pose (ix) Corpse Pose
3	1. Breathing Practice 2. Asana Revision 3. Asana: (i) Chair Pose (ii) Standing Forward Bend	(iii) Cow Face Pose (iv) Plank Pose (v) Reclining Twist (vi) Cat Stretch
4	1. Breathing Practice 2. Introduction on Meditation 3. Asana Revision 4. Asana: (i) Warrior I	(ii) Tree Pose (iii) Seated Forward Bend (iv) Downward Facing Dog (v) Runners Lunge (vi) Cobra Pose
5	1. Breathing Practice 2. Asana Revision	3. Sun Salutation
6	1. Breathing Practice 2. Asana Revision	3. Basic Principles on Sequencing
7	1. Breathing Practice 2. Asana Revision 3. Asana: (i) Warrior II (ii) Gate Pose	(iii) Extended-leg Forward Bend (iv) Head to Knee Pose (Seated) (v) Pigeon Pose (vi) Boat Pose (Half / Full)
8	1. Breathing Practice 2. Asana Revision 3. Asana: (i) Triangle Pose (ii) *Warrior III	(iii) Garland Pose (iv) *Revolved Head to Knee Pose (v) Half Bow Pose (vi) *Four Limb Staff Pose (vii) Happy Baby Pose

Week	Session 1	Session 2
9	1. Breathing Practice 2. Asana Revision 3. Asana: (i) *Half Moon Pose	(ii)*Dancer Pose (iii) Bow Pose (iv) Bridge Pose
10	Sequencing Practice & Revision	Revision
11	Sequencing Practice & Revision	Revision
12	Examination	Examination
13	Examination	Written Examination and Course Evaluation

**Not for Exam*