The Chinese University of Hong Kong Physical Education Unit Yoga

Course Content

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

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9	 Breathing Practice Asana Revision 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