Jan Amos Komeński
STATE UNIVERSITY
OF APPLIED SCIENCES
in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
BODY & MIND	
Academic Teacher	PhDKatarzyna Stachowiak
E-mail	katarzyna.stachowiak@ansleszno.pl
ECTS credits	5
Number of hours	120
Course code	INT-IZKFF-BM-26

Course description

- **Knows** the exercises, games, and teaching methods used in the instruction of basic **yoga asanas (postures)**, as well as selected stretching, strengthening, and strength-development exercises.
- **Acquires fundamental teaching skills** related to selected yoga asanas, enabling their correct demonstration and instruction.
- **Possesses knowledge and practical skills** in teaching **yoga, Pilates, and stretching exercises**, including both proper technique and instructional methodology.
- **Is able to conduct classes for large groups of participants**, ensuring safe, effective, and well-structured instruction.

Learning outcomes - course content

- **Stretching** – flexibility exercises for individual muscle groups, including proper execution techniques, common mistakes, and methods for correcting them.
- **Methodology of conducting Yoga and Pilates classes** – presentation and discussion of teaching principles, class structure, and instructional methods.
- **Introduction to Yoga** – preparatory and introductory exercises designed to develop body awareness, mobility, and proper breathing patterns.
- **Yin Yoga** – overview and practical presentation of selected postures and techniques.
- **Meditation** – types of meditation and practical meditation exercises.
- **Yoga for various health conditions** – application of yoga practices to support health and well-being in different populations and health contexts.
- **Pranayama and Nadi Shodhana** – breathing techniques and exercises aimed at improving respiratory function, concentration, and relaxation.
- **Mantra practice** – introduction to the use of mantras in yoga and meditation.

Student workload (self-study description)
• Reading assigned literature • Practical assessment: performance of the Sun Salutation (Surya Namaskar) sequence- Preparation for the practical assessment**.** • Preparation and teaching of 10 selected yoga asanas, with discussion of their anatomy, benefits, and contraindications.
Literature
1. Paul Hougham (2006), Atlas of mind, Body and Spirit, Octopus Books. 2. Worle, L., & Pfeiff, E. (2017). *Yoga as Therapy*. 3. Niedaszkowski, B. (2020). *Yoga and Ayurveda: A Guide for the Modern Individual*. 4. Kaminoff, L., & Matthews, A. (2020). *Yoga: The New Illustrated Anatomical Guide to Asanas, Movement, and Breathing Techniques*. 5. Coulter, H. D. (2021). *Anatomy of Hatha Yoga: A Manual for Teachers and Practitioners*.