

## KSS 1552 - Yoga

Fall 2026 Syllabus, Section 02, CRN 40989,

Credit hours: 1

### Instructor

Elizabeth Hoffman

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### Public Instructor Information

Instructor Title: Part-Time Faculty

Instructor Professional Qualifications: Certified 500 E-RYT, YACEP and Certified Meditation Teacher

Instructor Office Location: Beeghly Center Room #307

Instructor Office Phone: (330)-941-1904

### Course Description

1552. Yoga. Instruction in principles of meditation, body alignment and posture, and participation as it pertains to fundamental yoga techniques. 1 s.h.

### Course Readings

| Group       | Title | Author | ISBN |
|-------------|-------|--------|------|
| No Readings |       |        |      |

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

### Schedule of Topics and Assignments

| Week of | Proposed Topic                           | Due/To Prepare for Class     |
|---------|------------------------------------------|------------------------------|
| 8/24    | Introduction to Yoga                     |                              |
| 8/31    | Introduction to Yoga Fundamentals        | First Writing Assignment Due |
| 9/7     | Introduction to Yoga Props               |                              |
| 9/14    | Yoga Postures                            | Homework #1 Due              |
| 9/21    | Introduction Hatha Yoga Philosophy       |                              |
| 9/28    | Understanding B.K. Iyengar Yoga & Koshas | Homework #2 Due              |
| 10/5    | Foundations of Yamas and Niyamas         |                              |



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|-------|---------------------------------------------------------------------|------------------------------|
| 10/12 | Introduction to Yin Yoga                                            | Homework #3 Due              |
| 10/19 | Chakra System                                                       |                              |
| 10/26 | Balancing Practices across the Gunas and Doshas                     | Homework #4 Due              |
| 11/2  | Vinyasa Style Yoga                                                  |                              |
| 11/9  | Introduction to Yoga Nidra                                          | Homework #5 Due              |
| 11/16 | Foundations for Arm Balacing - Core Strength &Upper Body Engagement |                              |
| 11/23 | Foundations of Restorative Yoga                                     |                              |
| 11/30 | Final Presentations                                                 | Final Writing Assignment Due |

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.