

KSS 1552 - Yoga

Fall 2026 Syllabus, Section 03, CRN 41293,

Credit hours: 1

Instructor

Elizabeth Hoffman

Email: emcochran@ysu.edu



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 Introduction to Yoga Fundamentals	First Writing Assignment Due
8/31	Introduction to Yoga Props	
9/7	Yoga Postures	Homework #1 Due
9/14	Introduction Hatha Yoga Philosophy	
9/21	Understanding B.K. Iyengar Yoga & Koshas	Homework #2 Due
9/28	Foundations of Yamas and Niyamas	
10/5	Introduction to Yin Yoga	Homework #3 Due



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