

STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK



MASTER SYLLABUS

Well 105: Yoga Nidra

CIP Code: 37.0199 Personal Awareness and Self-Improvement, Other

Created by: Erica Sharpe, Ph.D.

**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
SPRING 2023**

A. TITLE: Yoga Nidra

B. COURSE NUMBER: 105

C. CREDIT HOURS

Credit Hours: 1

Lecture Hours 1 per Week

Course Length (# of Weeks): 15 Weeks

D. WRITING INTENSIVE COURSE: No

E. GER CATEGORY: n/a

Does course satisfy more than one GER category? If so, which one?

F. SEMESTER(S) OFFERED: Fall or Spring

G. COURSE DESCRIPTION:

In this course, students will be introduced to Yoga Nidra (“yogic sleep”) and its traditional and clinically tested benefits. Yoga Nidra is a guided meditation technique practiced while lying down, eyes closed. This technique falls under the limb of yoga called pratyahara, or sense withdrawal, as it is practiced by focusing only on sound and internal awareness. The practice has been traditionally used to explore the self (memories, emotions, instincts, drives), and increase awareness throughout all stages of consciousness to improve memory, learning, and sleep, plus decrease anxieties, bad habits and more. In the modern day, there has been research exploring the state of consciousness produced by the practice, as well as how it can be applied for stress, hormonal irregularities, sleep, and anxiety.

H. PRE-REQUISITES: None

CO-REQUISITES: None

I. STUDENT LEARNING OUTCOMES:

<i>Course Student Learning Outcome [SLO]</i>	<i>ISLO</i>
a. Research yoga nidra and why it is practiced	5
b. Describe the positive effects yoga nidra can have	5
c. Practice yoga nidra reflecting on changes experienced	5

KEY	Institutional Student Learning Outcomes [ISLO 1 – 5]
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]
3	Foundational Skills Information Management [IM], Quantitative Lit./Reasoning [QTR]
4	Social Responsibility Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]
5	Industry, Professional, Discipline Specific

J. APPLIED LEARNING COMPONENT: Yes Classroom/Lab

- K. TEXTS: Determined by instructor

- L. REFERENCES:
Yoga Sutras of Patanjali; Yoga Nidra (Bihar Publications)

- M. EQUIPMENT: Computer and internet, Microsoft Office

- N. GRADING METHOD: P / F

- O. SUGGESTED MEASUREMENT CRITERIA/METHODS:
Discussion, Journal, Quiz

- P. DETAILED COURSE OUTLINE:
 - I. What is Yoga Nidra? What is included in the practice?
 - II. Effects of Yoga Nidra – Research studies done in India
 - III. Modern research on Yoga Nidra
 - IV. Weekly Yoga Nidra Practice, Journaling, and Discussion

- Q. LABORATORY OUTLINE: n/a