

Namaste!

**CRN# 33608**

**Course PE-NP166 Sec. 501 Int. Yoga (Yoga experience or PENP 165 is highly recommended)  
Fall 2015 2nd 8wk course**

**M/W 8:45-10:15, October 12<sup>th</sup>-December 2nd**

**Instructor: Alice Chouinard-Welk Mail Box Academic Office (to leave message 925-8600)**

**Class meets at the Wellness Center (next to the book store)**

**Office Hours M/W 10:15-11:15 Am or by appointment (location: studio/academic office)**

### **Hatha Yoga Course Description:**

Ha means sun, Tha means moon. The word yoga means to unite or make whole. We will continue our individual Journey inward, practicing awareness of the body and paying attention to its feedback. We will challenge our ideas of what the body can do, benefiting the body systems, including; skeletal, muscular, circulatory, respiratory, digestive, eliminative, endocrine, nervous, pranic and mental. It is important to respect one's own limitations, which may change from day to day and moment to moment. Take a friendly approach to the body, move slowly and with control, never bounce or push into areas of pain.

#### **Bring to class:**

Blanket (woven Mexican throw style)

Yoga belt (10ft.)

Sticky mat

An empty stomach

Beginner's mind

A respectful and supportive attitude towards yourself and others

An examination blue book

**Dress:** Elastic waist shorts or leggings with tank top and bare feet. Do not wear perfume or cologne to class and remove jewelry.

**Text: Recommended not required:** Yoga the path to holistic health by B.K.S Iyengar

#### **Student Learning Outcomes:**

1. Students will continue to establish yoga skills from practicing yoga asana to achieve or maintain strength, joint stability, posture, and balance. Instructor will assess visually and offer assistance to improve alignment and stability.
2. Students will continue to practice breath awareness and deepening the breath to release stress, rest the mind, increase energy levels and improve concentration.
3. Students will continue to demonstrate knowledge of the poses used in variations of surya namaskar (sun salutation), terminology and skeletal landmarks.
4. Students will develop an appreciation of yoga as a form of exercise to create an integrated balance of the body, mind, and spirit.

Hatha Yoga is physical yoga. **Attendance is a must! This represents the major factor of your grade.** Each class counts 13 points. There are 16 classes in the eight-week course. It is important to arrive a few minutes early and stay for the entire class. There is no provision for excused absences if you miss a class you forfeit the points, this includes students who enroll late. If you miss 4 classes you may fail or be dropped from the course. Arriving late or leaving early three times may equal one absence.

## Course Requirements:

**Attendance and participation – 208 possible points**, it is your responsibility each day to scan in at the front desk and sign in on the sign-in sheet; otherwise, you will be counted as absent. **The majority of your grade is based on participation and attendance.** This will address student learning outcomes 1- 5.

**Journal, at least 8 entries in a blue book – 42points** Pick one class per week, date it, and follow this format: **#1** Describe how you feel before class. **#2** Make a stick figure drawing of a posture you remember from class. List the alignment of the posture. Reflect on your experience with the posture and the breath. **#3** Describe how you feel after class. In your last entry also answer these questions: Did you develop an appreciation for yoga? Why or why not? As one entry, copy the stick figure drawing of the sun salutation in sequence. The journal will help the instructor assess your learning process and will correspond with student learning outcomes 1 through 5.

**Due Date:** Journal Wednesday November 25<sup>th</sup> (-10pts after due date)

**A+ = 100% - 250 points** (Full journal points, and perfect attendance)

**A = 90 – 99% - 225 – 249 points** (Full journal points, one absence)

**B = 80 – 89% - 200 – 224 points** (Full journal points, 2-3 absences)

**C = 70 – 79% - 175 – 199 points** (Full journal points, 4-5 absences)

**D = 60 – 69% - 150 – 174 points** (Full journal points, 6-7 absences)

**F = Failure to meet minimum requirements.**

If you are taking this class for credit / no credit, anything below 175 points equals no credit. Last date to change grade option is Friday October 16<sup>th</sup>. Last day to drop without a grade is Friday October 23<sup>rd</sup>.

If you have a certified disability, please inform me of any special needs as soon as possible, to ensure that those needs are met in a timely manner. Student services at 925-8560 for more info.

## Recommended not required readings:

Yoga Sutras of Patanjali interpreted by Mukunda Stiles

How to Use Yoga by Mira Mehta

Yoga the Spirit and Practice of Moving into Stillness by Erich Schiffman

Light on Yoga by B.K.S. Iyengar

Be Here Now by Ram Dass

**Magazine:** Yoga Journal (available at the library)

No food or drink in the studio please

Turn off all electronic devices

Enjoy your practice!