

# Namaste!

**CRN #66809**

**Course PHED 1410 Sec. 502 Yoga**

**Fall 2020 1st 8wk course**

**August 17<sup>st</sup>- October 5<sup>th</sup>**

**Instructor: Alice Chouinard-Welk email: [algal@unm.edu](mailto:algal@unm.edu)**

**Location: Remote Arranged On line and in your home following the video**

**Phone Office Hours: Mondays 12-2pm or by appointment.**

Ha means sun, Tha means moon. The word yoga means yoke, union, to unite or make whole. Yoga comes to us from India. Hatha Yoga is a system of postures, breathing and relaxation designed to bring balance and rejuvenation to the body's systems. These systems include muscular, circulatory, respiratory, digestive, eliminative, endocrine, nervous, pranic, and mental. It is in this sense a holistic approach to the body. Yoga is not competitive or particularly goal oriented. It is an ongoing process, an individual journey inward. Practice awareness of the body, paying attention to its feedback. Work with your own mental, emotional, and physical resistance, 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. Yoga increases stability, strength, endurance, flexibility and balance. Final relaxation is time to rest the mind, and allow the body to assimilate the benefits of practice. After class, people often feel a calm sense of well-being. This spills over into our everyday lives. Transformation is an ongoing process we all participate in.

## **Course Description:**

An introduction to yoga and yoga movements. Students explore various concepts and fundamentals of yoga while also learning about history of the practice.

## **Bring to class: (supplies available at the book store)**

Blanket (woven Mexican throw style) or blanket that gives firm support

Sticky mat that offers good traction (a thin mat is best)

Two firm yoga blocks

Metal folding chair

Access to computer and Wi-Fi, current Valencia campus pass word

An empty stomach

Beginner's mind

A respectful and supportive attitude towards yourself and others

**Dress:** Elastic waist or draw string shorts or leggings with tank top and bare feet. Dress to move freely.

**Required text:** Available at UNMV bookstore. Read the article to further your knowledge.

"Yoga as Self Transformation" by Joel Kramer

## **Student Learning Outcomes:**

1. Demonstrate and name various beginning yoga poses.
2. Define basic yoga terminology.
3. Demonstrate proper breathing techniques.
4. Demonstrate an improvement in flexibility, strength, coordination, balance and posture.
5. Explain the benefits of yoga as a practice and as an exercise.
6. Demonstrate an understanding of how yoga affects our personal well-being.

Hatha Yoga is physical yoga. **Practice is a must! It is important to practice twice a week following the video.** Allow one day between practices. Practice in a safe place with no distractions.

### **Course requirements:**

**Practice and participation 130 possible points** This will address student learning outcomes 3, 4, and 6.

**Journal Assignment 6 emails 20 possible points each. #1** Each week tell me how many times you practiced. **#2** Take a full body photo of yourself in the assigned posture to send as a pdf attachment (5pts) **#3** Describe your experience with the posture **a)** physically (5pts), **b)** mentally (5pts), and **c)** with the breath (5pts). Week One: Urdva Hastasana, Week Two: Utkatasana, Week Three: Adho Mukha Svanasana, Week Four: Virabhadrasana II, week Five: Virabhadrasana I, Week six: Savasana, Week Seven: Explain the benefits you perceived from your practice and exercise, and how this course affected your life. The journal emails will help the instructor assess your learning process. This will correspond with student learning outcomes 1- 5.

**Due Dates:** Journal Emails are due by Friday each week. If you miss the due date you forfeit the points. Assignment one due 8/21, two 8/28, three 9/4, four 9/11, five 9/18, six 9/25.

### **Grading Scale**

**A+ = 100% - 250 points** (at least six journal emails earning all points)

**A = 90 – 99% - 225 – 249 points** (at least five journal emails earning adequate points)

**B = 80 – 89% - 200 – 224 points** (at least four journal emails earning adequate points)

**C = 70 – 79% - 175 – 199 points** (at least three journal emails earning adequate points)

**D = 60 – 69% - 150 – 174 points** (one or two journal emails earning adequate points)

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

If you are taking this class for credit/ no credit, anything below 175 points equals no credit.

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 925-8560 for more info.

Under Title 9 any report made to a faculty member, TA or GA, regarding sexual misconduct or gender discrimination must be reported to the Office of Equal Opportunity and the title 9 coordinator. You may contact them at 505-277-5251. On this campus you may talk confidentially to Hank Vigil 925-8560.

### **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

The Tree of Yoga by B.K.S. Iyengar

Be Here Now by Ram Dass

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

Enjoy your practice!