

CRN #65046

Course PHED 2996 Sec. 502

Restorative Yoga

Fall 2021 2nd 8wk course

October 19-Dec 9

Instructor: Alice Chouinard-Welk algal@unm.edu

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

Office Hours: Mondays 1:30-2:30pm or by appointment, or phone 505-925-8629

Restorative yoga Course Description:

Restorative Yoga is the practice of therapeutic relaxation. This applies to the mind as well as the body. Our busy lives create stress physically and mentally. The challenge in this class is to let go and relax physically, without falling asleep, and relax the mind by allowing thoughts to come and go without following or working any one thought. Practice by reclining in supported yoga postures for ten to twenty minutes each, actively releasing in stillness, and allowing the breath. As this occurs a sense of inner peace and clarity may be felt. Making space for therapeutic rest can be an important component of healing and self-care.

Bring to practice:

Non-skid Yoga Mat

Blankets: several **firm** and a light blanket for warmth (book store carries blankets)

Light weight eye pillow (a scarf or wash cloth works well)

Yoga bolster (available at the book store) cotton batting filled

Two firm yoga blocks

Metal folding chair

A willingness to rest in stillness and relax the mind and body

A friendly and supportive attitude towards yourself and others

Access to computer, WI-FI

Dress: Dress in loose comfortable clothing. If needed dress in layers for warmth (Gloves for hands, socks for feet and hood or stocking hat may be nice)

Student Learning Outcomes:

1. Students will develop skills using props to support the body in passive postures which may increase flexibility, joint stability, relaxation, and free the breath. Instructor will assess visually and will offer feedback to improve alignment, stability, and comfort.
2. Students will practice both passive and volitional breathing during held postures to promote physical relaxation, release the fluctuations of the mind and oxygenate the blood.
3. Students will develop a knowledge of Restorative Yoga postures for personal practice as a form of therapeutic relaxation for the body and mind.

Restorative Yoga is a physical discipline. **Practice is a must!** It is important to do at least two practice sessions a week, following the video or stick figure sequence. Submitted assignments will receive personal feedback to improve alignment and set up.

Course requirements:

Practice and participation- 130 possible points This will address all student learning outcomes.

Journal Assignment: at least 6 Emails 20 possible points each. Each week tell me how many times you practiced. Follow this format: **#1** Take a full body photo of yourself in the assigned posture to send as a pdf attachment. (5pts) **#2** Describe your experience in the posture a) physically (5pts), b) mentally (5pts), and c) with the breath (5pts). Week One: Legs on the chair posture, Week Two: Down Face Savasana, Week Three: The Humble (a humble variation of supported Setubandha or Setubandha Sarvangasana) Week Four: Supta Bharadvajasana, Week Five: Supta Badha Konasana, Week Six: Savasana. Week Seven: Explain the challenges and benefits you perceived from your practice and how this course affected you and your life. The journal will help the instructor to assess your learning process.

Due Date: Journal Emails are due by Wednesday each week. If you miss the due date you forfeit the points. Assignment one due 10/20, two 10/27, three 11/3, four 11/10, five 11/17, six 12/1, seven 12/8.

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 at 925-8560.

Recommended (not required) Readings:

Books:

Yoga for Emotional Balance by Bo Forbes PsyD

Relax and Renew by Judith Hanson Lasater Ph.D.,PT

The Yoga of Breath a step by step Guide to Pranayama by Richard Rosen

Anger wisdom for cooling the flames by Thich Naht Hanh (and other books by this author)

Recommended Video for further study:

Yoga for Relaxation with Patricia Walden and Rodney Yee

Enjoy your practice!