

# Namaste!

**CRN# 59019**

**Course PHED 2410 Sec. 501 Int. Yoga (Yoga experience or PHED 1410 recommended)**

**Spring 2023 2nd 8wk course**

**M/W 8:45-10:15 am March 21-May 4<sup>th</sup>**

**Instructor: Alice Chouinard-Welk [algal@unm.edu](mailto:algal@unm.edu) Office hours phone 925-8629**

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

**Office Hours M/W 4:30-5:15 pm 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 body alignment. 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: supplies available at the book store**

Blankets 1 or 2 (woven Mexican throw style)

Yoga belt (10ft.)

Sticky mat

An Examination Blue Book

An empty stomach

Beginner's mind

A respectful and supportive attitude towards yourself and others

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

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

### **Student Learning Outcomes:**

1. Provide the student with a more in-depth exploration of Hatha Yoga techniques such as yoga postures (asana), breathing techniques (pranayama), and meditation.
2. Develop core strength, gain muscular endurance, increase flexibility, cultivate proper body alignment, and learn fundamental Sanskrit terminology.
3. Clear the mind and alleviate stress by relaxing and toning the body.
4. Increase body awareness through breath, meditation, and movement.
5. Understand appropriate asana sequencing in order to build a personal yoga practice and create a routine.

Hatha Yoga is physical yoga. **Attendance is a must! This represents the major factor of your grade.** Each class counts 15 points. There are 14 classes in the eight-week course. It is important to arrive 10 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 – 210 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 – 42 points** Pick one class per week, date it, and follow this format: **#1** Describe how you feel before class and how you feel after class (1pt).

**#2** Make a stick figure drawing of the assigned posture. List the alignment points taught in class to set up the posture (1pt). Do the posture on your own. **#3** Describe your experience within the posture; physically (1pt), mentally (1pt) and with the breath (1pt). As your **last entry** Explain the challenges and benefits from practice and how the course affected your life (5pts.) As one entry copy the stick figure drawing of the sun salutation in sequence (5pts). The journal will help the instructor assess your learning process and will correspond with student learning outcomes 1,2,4.

**Due Date:** Journal **Wednesday April 27<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.

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.

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 directly at 505-277-5251. Here on campus you may talk confidentially to Hank Vigil at 925-8560.

### **Recommended not required readings:**

Yoga Sutras of Patanjali interpreted by Mukunda Stiles

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

Yoga the Path to Holistic Health by B.K.S. Iyengar

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

**No food or drink in the studio please**

**Turn off all electronic devices**

**Enjoy your practice!**

**COVID-19 Health and Awareness.** UNM is a mask friendly, but not a mask required, community. To be registered or employed at UNM, Students, faculty, and staff must all meet UNM's [Administrative Mandate on Required COVID-19 vaccination](#). If you are experiencing COVID-19 symptoms, please do not come to class. If you have a positive COVID-19 test, please stay home for five days and isolate yourself from others, per the [Centers for Disease Control \(CDC\) guidelines](#). If you do need to stay home, please communicate with me at [algal@unm.edu](mailto:algal@unm.edu), I can work with you to provide alternatives for course participation and completion. UNM faculty and staff know that these are challenging times. Please let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.