

## Namaste!

CRN #59020

Course PHED 2996 Sec. 501

Restorative Yoga

Spring 2024 2<sup>nd</sup> 8wk course

T TH 3:00 - 4:15pm March 19-May 2

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

Location: The Wellness Center (next to the book store)

Office Hours: TTH 4:15-4:45pm studio/ academic office (or by appointment)

### 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. We will 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 class: supplies available at the book store

Yoga Bolster, cotton batting filled, rectangular shape

Non-skid yoga mat (a thick mat may be nice)

Blankets 1 or 2 (woven Mexican throw style) and a light blanket for warmth

An Examination Blue Book

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

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

A friendly and supportive attitude towards yourself and others

**Dress:** Dress in layers for warmth, and in loose comfortable clothing. Gloves for hands, socks for feet and hood or stocking hat may be nice for warmth. Do not wear perfume or cologne to class.

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 assistance 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. **Attendance is a must! (This represents the major factor of your grade).** Each class counts 15pts. There are 14 classes in the 8-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 (joining in, cooperation) and attendance. This will address student learning outcomes 1 – 4.

**Journal: at least 8 entries in a blue book – 40points Follow this format:**

**#1** Describe how you feel before and after practicing the assigned posture for at least 10 min. at home. (2pts).

**#2** Make a stick figure drawing of the assigned posture (1pt).

**#3** Describe your experience in the posture a) physically (1pt), b) mentally (1pt), and c) with the breath (1pt).

**As a last entry:** Explain the challenges and benefits you experienced. How did taking this course affect you and your life? (4pts) The journal will help the instructor to assess your learning process.

**Due Date:** Journal **Thursday April 25<sup>th</sup>** (-10 points after due date)

Grading Scale:

**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 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. Here on campus talk to Armando Bustamante at 505-925-8581.

**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)

**Videos:**

Yoga for Relaxation with Patricia Walden and Rodney Yee

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

**Turn off all electronic devices**

**Enjoy your class!**

