

Namaste!

CRN #28493

Course PHED 1410/501 Yoga (one-unit course)

Summer 2020 4wk Course

June 29-July 25

Instructor: Alice Chouinard-Welk email: algal@unm.edu

Location: on line and in your home

Phone Office Hours: Tuesdays 9-10 Am: 505-565-4660 (for office hours or to leave a message)

Hatha Yoga:

Ha means sun, Tha means moon. The word yoga means yoke, union, to unite or make whole. Yoga comes to us from India. It 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, flexibility, strength, endurance, 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.

Required yoga props: (some supplies available at the book store)

Blankets (woven Mexican throw style) Or blankets that give firm support

Yoga belt (10ft.)

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

Two firm yoga blocks (not currently available at the book store)

Metal folding chair (not currently available at the book store.)

An empty stomach

Beginner's mind

A respectful and supportive attitude towards yourself and others

Access to computer, wifi

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 160 possible points. This will address student learning outcomes 3,4 and 6.

Journal Assignment: at least 3 Emails. 30 possible points each Pick one practice session each week, date it and follow this format: **#1** Describe how you felt before practice. (5pts) **#2** Describe how you felt after practice. (5pts) **#3** Take a full body photo of yourself in the assigned posture to send as an attachment. (5pts) Describe your experience with the posture **a)** physically (5pts), **b)** mentally (5pts), and **c)** with the breath (5pts). Week one: Adho Mukha Svanasana, Week Two: Virabhadrasana II Week three: Virabhadrasana I Week four: 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 Date: Journal Emails are due by Friday each week. (If you miss the due date you forfeit the points) assignment one due 7/3, two 7/12, three 7/19, four 7/24.

A+ = 100% 250 points (at least four journal emails earning all points)

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

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

C = 70 – 79% - 175 – 199 points (one journal email earning at least 15 points)

D = 60 – 69% - 150 – 174 points (one journal email earning less than 15 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 directly at (505)277-5251. Here on campus you may talk confidentially with Hank Vigil at 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!