

# Namaste!

**CRN #30989**

**Course PE-NP165 Sec. 502 Yoga**

**Fall 2015 1<sup>st</sup> 8wk course**

**M/W 5:30-7:00pm August 17<sup>th</sup>-October 7<sup>th</sup>**

**Instructor: Alice Chouinard-Welk Mail Box Academic Office 925-8600 (to leave message)**

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

**Office Hours: M/W 10:15-11:15 Am or by appointment (location: studio/academic office)**

## **Hatha Yoga Course Description:**

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. You may leave with an inner smile!

## **Bring to class:**

Blanket (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/drawstring shorts or leggings with tank top and bare feet. Do not wear perfume or cologne to class and remove jewelry.

**Text:** Available at UNMV bookstore. Read the article to further your awareness.

"Yoga as Self Transformation" by Joel Kramer

## **Student Learning Outcomes:**

1. Students will establish yoga skills from practicing yoga asana to achieve or maintain strength, joint stability, posture, and balance. Instructor will assess visually and offer assistance to improve alignment and stability.
2. Students will practice breath awareness and deepening the breath to release stress, rest the mind, increase energy levels and improve concentration.
3. Students will demonstrate knowledge of the poses used in surya namaskar (sun salutation).
4. Students will develop an appreciation of yoga as a form of exercise to create an integrated balance of the body, mind, and spirit.

Hatha Yoga is physical yoga. **Attendance is a must! (This is the major factor in your grade).** Each class counts 14 points. There are 15 classes in the eight-week course. It is important to arrive a few 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 (joining in, cooperation) – 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. This will address student learning outcomes 1 through 5.

**Journal, at least 8 entries in a blue book – 40 points**, Pick one class each week, date it and follow this format: **#1** Describe how you feel before class. **#2** Make a stick figure drawing of a posture you remember from class. Describe your experience with the posture and the breath. **#3** Describe how you feel after class. In your last entry answer these questions: Are you developing an appreciation for yoga? Why or why not? As one entry copy the stick figure drawing of the “C-series” sun salutation in sequence. The journal will help the instructor assess your learning process. This will correspond with student learning outcomes 4 and 5.

**Due Date:** Journal Wednesday September 30<sup>th</sup> (- 10pts 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. Last day to change grading option is Friday August 21<sup>st</sup>. Last day to drop without a grade is Friday August 28<sup>th</sup>.

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.

### **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).

No food or drink in the studio please

Turn off all electronic devices

Enjoy your practice!