Namaste!

CRN #83566
Course PHED 1410 Sec. 501 Yoga
Fall 2026 1st 8wk course
M/W 9:00-10:15 am August 17-October 7
Instructor: Alice Chouinard-Welk email: algal@unm.edu Office hours phone# 505-925-8552
Location: UNM Valencia campus Fitness and Wellness Center (south of the cafeteria)
Office Hours: M/W 10:15-11:00 or by appointment (location: studio/academic office)

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

Bring to class: supplies available for use in the studio, or for sale at the bookstore.
Blankets (1 woven Mexican throw style)
Sticky mat that offers good traction (a thin mat is best)
Yoga belt (10ft)
An Examination Blue Book
An empty stomach
Beginner's mind
A respectful and supportive attitude towards yourself and others

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 exercise.
6. Demonstrate an understanding of how yoga affects our personal well-being.

Hatha Yoga is physical yoga. **Attendance is a must! This is the major factor of your grade.** Each class counts 14pts. There are 15 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 absence, if you miss a class, you forfeit the points, this includes students who enroll late. If you miss four 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 to sign 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, 3, and 4.

Journal Assignment 8 entries in a blue book- 40pts. Follow this format: **1** Describe how you feel before and after practicing the assigned posture at home. (1pt) **2** Make a stick figure drawing of the assigned posture. (1pt) **3** Describe your experience while in the assigned posture **a)** physically (1pt), **b)** mentally (1pt), and **c)** with the breath (1pt). Draw the C-Series Surya Namaskar into the journal (5pts). **As a last entry**, Explain experiences of improvement in flexibility, strength, coordination, balance, posture and wellbeing. The journal will help the instructor assess your learning process. This will correspond with student learning outcomes.

Due Dates: Journal due by **Wednesday September 30th (**- 10pts after due date)

Grading Scale
A+ = 100% - 250 points
A = 90 – 99% - 225 – 249 points
B = 80 – 89% - 200 – 224 points
C = 70 – 79% - 175 – 199 points
D = 60 – 69% - 150 – 174 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 documented 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, discrimination or violence 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:
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

Enjoy your practice!