Namaste!

CRN# 81184
Course PHED 2410 Sec. 501 Int. Yoga (Yoga experience or PHED 1410 recommended)
Fall 2026 2nd 8wk course
M/W 9:00-10:15 am October 12 – December 2
Instructor: Alice Chouinard-Welk algal@unm.edu Office hours phone 925-8552
Class meets at the 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)

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 in the studio, or for sale at the bookstore.
Blankets 1 or 2 (woven Mexican throw style)
Yoga belt (10ft.)
Yoga mat that offers good traction
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 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 attended earns you 13 points. There are 16 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 – 208 possible points, it is your responsibility each day to sign-in at the front desk and sign-in on the sign-in sheet, otherwise, you will be counted as absent. **Most 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 Follow this format: **#1** Describe how you feel before and how you feel after practicing the assigned posture at home. (1pt).
#**2** Make a stick figure drawing of the assigned posture (1pt). List the alignment points taught in class to set up the posture. **#3** Describe your experience within the posture; physically (1pt), mentally (1pt) and with the breath (1pt). As one entry copy the stick figure drawing of the sun salutation in sequence (5pts). As your **last entry** Explain the challenges and benefits from practice and how the course affected your life (2pts). The journal will help the instructor assess your learning process and will correspond with student learning outcomes 1,2,3,4.

Due Date: Journal **Wednesday November 25th** (-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 talk to Armando Bustamante at 505-925-8581.

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

No food or drink in the studio please
Turn off all electronic devices
Enjoy your practice!