

CRN #43206

Course PENP 193 Sec 504

Restorative Yoga

Spring 2018 2nd 8wk course

T TH 4:00 - 5:15 pm March 20th-May 3rd

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

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

Office Hours: TTH 5:15-5:45pm studio/ academic office (or by appointment)

Restorative Yoga Course Description:

Restorative Yoga is the practice of deep 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 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 10 to 20 minutes each, actively relaxing 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 self-care.

Bring to class:

Blanket (woven Mexican throw style available at the book store) and a light blanket for warmth
Yoga Mat available at the book store (a thick mat may be nice)
Light weight eye pillow (wash cloth or bandana will work well)
A willingness to rest in stillness and relax the mind and body
A friendly and supportive attitude towards yourself and others
Yoga bolster (available at the book store)
Yoga belt (available at the book store)

Dress: Dress in layers for warmth, and in loose comfortable clothing. Gloves for hands, socks for feet, and stocking hat or hood may be nice. 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 postures visually and will offer assistance to improve alignment, stability, and comfort.
2. Students will practice both passive, and volitional breath during held postures to relax the mind, promote physical relaxation, and oxygenate the blood.
3. Students will develop an appreciation of Restorative Yoga 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 15 pts. 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 your own name 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 – 40 points Pick one class per week, date it and follow this format: **#1** Describe how you feel before class. **#2** Describe how you feel after class. **#3** Make a stick figure drawing of a specific posture, prone, supine, or side lying. What was your experience mentally, physically and with the breath? After completing the journal, answer these questions: Have you developed an appreciation for Restorative Yoga? How did this course affect you and your life?

Due Date: Journal Thursday April 26th (-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.

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. On this campus you may talk confidentially to Hank Vigil at 925-8560.

Recommended (not required) Readings:

Books:

Relax and Renew by Judith Lasater, PhD., P.T

Yoga for Emotional Balance simple practices to help relieve anxiety and depression by bo forbes
PYSD

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)

Books by Dr. Wayne W. Dyer

Magazines: Yoga Journal (available at the library)

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!