

Namaste!

**CRN# 51490**

**Course PHED 2410 Sec. 501 Int. Yoga (Yoga experience or PHED 1410 recommended)**

**Spring 2020 2nd 8wk course**

**M/W 8:45-10:15, March 23-May 6**

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

**Class meets at the Wellness Center (next to the book store)**

**Office Hours M/W 10:15-11:00 Am or by appointment (location: studio/academic office)**

**Hatha Yoga Course Description:**

Ha means sun, Tha means moon. The word yoga means to yoke, 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:**

Blanket (woven Mexican throw style)

Yoga belt (10ft.)

Sticky mat

An empty stomach

Beginner's mind

A respectful and supportive attitude towards yourself and others

An Examination Blue Book

**Dress:** Elastic waist shorts or leggings with tank top and bare feet. Do not wear perfume or cologne to class and remove jewelry.

**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 in order 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 counts 15 points. There are 14 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 – 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. **The majority 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 – 40points** 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 posture you remember from class. List the alignment points taught in class to set up the posture. Do the posture on your own. Describe your experience with the posture; a) physically, b) mentally and c) with the breath. As your **last entry** answer this question: How did taking this course affect you and your life? As one entry, copy the stick figure drawing of the sun salutation in sequence. The journal will help the instructor assess your learning process and will correspond with student learning outcomes 1-5.

**Due Date:** Journal Wednesday April 29<sup>th</sup> (-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 at 505-277-5251. You may talk confidentially on this campus to Hank Vigil at 925-8560.

### **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 (available at the library)

**No food or drink in the studio please**

**Turn off all electronic devices**

**Enjoy your practice!**