INTERMEDIATE Yoga

My name is Skip Rector and I will be your Yoga Instructor for the upcoming semester. The best email address for me is rectors@cofc.edu and is the easiest way to communicate with me. Please feel free to email with questions or comments. If you send me an email, please put the word “YOGA” in the subject line. I get a lot of email, but always read the emails from my students first.

Since this is an activity class, it is important to emphasize that 50% of your grade is attendance and participation. I have placed a copy of the class schedule / syllabus below and would suggest that you print and read it.

Concerning the class…I provide mats for you or you are welcome to bring your own mat even if you use my mat under yours. I will provide a way of cleaning the mats as well.

I look forward to working you in class on advance techniques and positions.

Thank you,
Skip Rector
INTERMEDIATE YOGA – 2 CREDITS
PEHD 120 – 004 - TTH 1:40 – 2:55 pm
Instructor: Skip Rector

TIME: Tuesday and Thursday at 1:40 p.m. – 2:55 p.m.

PLACE: Room 201, Exercise Deck in the Silcox Gym on George Street

INSTRUCTOR: Skip Rector, BA, MSW

OFFICE HOURS: By appointment

OFFICE: Room 407 in the Johnson Gym in the Silcox Physical Education and Health Center

PHONE: CofC: 953-5558 (Dept. Office); CELL: 442-9162
EMAIL: rectors@cofc.edu and skiprector@comcast.net (when sending an email to these addresses, please put YOGA in the subject line)

PREREQUISITES: None


COURSE: This course presents the advanced aspects of the philosophy of Yoga as well as advanced positions and breathing techniques. Emphasis is also placed on meditation and positive thinking as a means to reduce stress and increase concentration.


COURSE OBJECTIVES: Students will be able to:
1. Provide and understand the intricate aspects of Yoga
2. Comprehend the concepts of Yoga
   A. Principles of Yoga to create a daily practice
   B. Fundamental and advanced Yoga positions
   C. Elements and stages of a Yoga to create a Flow of positions
3. Develop techniques to be able to demonstrate moving into, holding and out of Yoga positions for the enhancement and/or maintenance of physical fitness as well as stress Reduction
4. Develop the necessary skills for demonstrating the proper techniques of breathing including the basic Kapalabhati breathing and Breath of Fire

REQUIREMENTS: 50% Class Attendance and Participation
20% Practical (Final Demonstrations of Positions and Breathing)
30% Examinations (All Written Exams)

GRADING SCALE: A 93 – 100  C  74 – 77
A-  90 - 92  C-  72 - 73
B+  88 – 89  D+  70 - 71
B  83 – 87  D  68 – 69
B-  80 - 82  D-  66 - 67
C+  78 – 79  F  < 65
EVALUATION SCALE:

Attendance/Participation - 50 points 50%
Exam 1 - Assigned pages, Lectures & Handouts 10 points 10 %
Exam 2 - Assigned pages, Lectures & Handouts 10 points 10 %
Practical Exam – Demonstrating 2 assigned positions, 2 positions of your choice and a flow 20 points 20%
Final Exam – Entire book, Lectures & Handouts 10 points 10%

TOTAL 100 points 100%

ATTENDANCE: Attendance and punctuality to class are required. Each Student is responsible for SIGNING THE ATTENDANCE SHEET EACH CLASS. If, for serious personal or medical reasons a class is missed, the Instructor must be informed of the reason IN WRITING. A Student will be penalized with point reductions for any absences or tardiness, which will affect the final grade. A Student may be dropped from this course for excessive absences or tardiness as determined by the Instructor.

EXAMS: Exams will be given on scheduled days as per the syllabus UNLESS CHANGED BY THE INSTRUCTOR. If an examination is going to be missed, the Student must call the Department (953-5558) or email prior to the exam to inform the Instructor. Any Student missing an exam and failing to call or email will receive no credit for the examination. A Student missing an exam that the Instructor has excused must make-up the examination within one week of the date that the examination was given OR AS DIRECTED BY THE INSTRUCTOR.

ASSIGNMENTS: The Instructor may assign written projects to any and all Students.

ACADEMIC HONOR: The College of Charleston has an honor code that expects Students to govern their behavior. You can find a complete version of the Honor Code and all related processes in the Student Handbook at http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php

EXTRA CREDIT: Bonus Projects – Projects/papers for extra credit MUST BE RELATED to Yoga, Prana (Yogic energy) and/or Meditation. These projects/papers may include but not be limited to: typed papers, classroom Yogic demonstrations or other special projects. Requests for these projects must be submitted in writing and approved by the Instructor at least three weeks in advance of the LAST CLASS. All Bonus Projects must be submitted or presented the week prior to the LAST CLASS.
<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics: Schedule is tentative and can change without notice.</th>
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</thead>
<tbody>
<tr>
<td>1/10</td>
<td>Introduction: What will we cover in this advanced Yoga class? History of Yoga. Position Review: Stretching, Reclining Twist, Sparrow, Bridge and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
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<tr>
<td>1/15</td>
<td>Lecture &amp; Experiential: “Kapalabhati Breathing” Position Review: Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend w/partner, Cobra w/partner, Standing on the Ceiling, Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
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<tr>
<td>1/17</td>
<td>Lecture: “Physical Aspects of Yoga” Position Review: Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Cobra, and Standing on the Ceiling and Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
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<tr>
<td>1/22</td>
<td>Position Review: Kapalabhati, Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Fish, Cobra, Standing on the Ceiling, Meditation Learning Activities: Demonstrations and Practical</td>
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<td>1/24</td>
<td>Lecture: “In the Moment” Position Review: Kapalabhati, Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Upward Facing Plank, Fish, Cobra, Boat, and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
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<tr>
<td>1/29</td>
<td>Position Review: Kapalabhati, Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Upward Facing Plank, Table, Fish, Cobra, Boat, Bow, and Meditation Learning Activities: Demonstrations and Practical</td>
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<tr>
<td>1/31</td>
<td>Lecture: “Just Being” Position Review: Kapalabhati, Stretching, Frog, Blowing Palm, Cobra, Crescent Moon, Tree, Camel, Crow, Bridge, and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
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<tr>
<td>2/5</td>
<td>Position Review: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Crane (Standing Bow), and Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
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<tr>
<td>2/7</td>
<td>Lecture: “Meditation” Advance Positions: Kapalabhati, Stretching, Advanced Crescent Moon, Sun Salute, Fwd Bend, Advanced Cobra, and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>2/12</td>
<td>Lecture and Experiential: “Anulom Viloma” Advance Positions: Kapalabhati, Stretching, Mountain, Crane, Blowing Palm, Wheel, Fish, and Meditation Learning Lecture, Demonstration and Practical</td>
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<tr>
<td>2/14</td>
<td>Lecture: “Time” Advance Positions: Kapalabhati, Stretching, Mountain, modified Warrior, Crane, Blowing Palm, Wheel, and Meditation</td>
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2/19 Learning Activities: Demonstration and Practical
    Advance Positions: Stretching, Sun Salute, Camel, Bridge, Advance Fish, Camel, Mountain, Crane, and Meditation
Learning Activities: Lecture, Demonstration and Practical

2/21 Advance Positions: Anulom Viloma, Stretching, Sun Salute, Tree into Crane, Bridge into Fish, Mountain, Archer, and Meditation
Assignment: 1 page paper on experience of playing with time
Learning Activities: Demonstration and Practical

2/26 **Review for Exam**
Discussion: Experience of playing with time
Advanced Positions: Anulom Viloma, Stretching, Frog, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Discussion, Papers, Review, Demonstration and Practical

2/28 **1st Examination**
Advanced Positions: Anulom Viloma, Stretching, Frog, Standing on the Ceiling, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Demonstration and Practical

3/2 to 3/10 **BREAK**

3/12 Advanced Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

3/14 Lecture: “Kriyas - Internal Cleansing Techniques”
Advanced Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

3/19 Lecture: “Vipassina”
Advanced Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

3/21 **Review for Exam**
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Advance Cobra, Advance Camel, Archer, Bridge into Fish, Shoulder Stand, “V” Pose, and Meditation
Learning Activities: Review, Demonstrations and Practical

3/26 **2nd Examination**
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Advance Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

3/28 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/2 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/4
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Advance Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/9
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/11
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/16
Practice positions for individual demonstrations and Meditation
Learning Activities: Practical

4/18
**Practical Examination: Demonstrations of Positions**
Review for Final Exam and **All Bonus Projects Must Be Submitted**

4/23
**Final Exam**