Instructor: Mrs. Lisa McQuade
Office: Silcox 223
Office hours: Monday, Wednesday & Friday 9:00-10:00 am by appointment
Phone: CofC: 953-5558 (Dept. Office); 843-277-587(CELL)
Email: mcquadelm@cofc.edu
Course meeting: Monday, Wednesday, Friday 8:00-8:50 am
Room 201, Johnson Gym on George Street
Required Course Text: *The Heart of Yoga: Developing a Personal Practice* by T.K.V. Desikachar-
paperback & kindle versions available
Good book but not required: *Yoga Masters: The Living Wisdom Series* by Mark Forstater and Jo
Manuel (new & used copies on amazon prime about $11.00)

*Yoga Blanket is helpful.*

**CofC Course Description** PEAC 102 Beginning Yoga - A course designed to present the basic
philosophy, physical positions and breathing techniques of Yoga. Emphasis is also placed on
meditation and positive thinking as a means to reduce stress and increase concentration.

**Instructor’s Intention:**
After completion the student will have basic knowledge and skills that will allow him/her to
practice yoga in a mindful and safe way. The instructor’s goal is to empower the students with
the understanding of their bodies and to trust their own inner knowing so that they can apply
yoga in their everyday lives

**Course Objectives:**
- know general history of yoga
- know the benefits of yoga practice
- know basic training principles
- know the three fold path of kripalu yoga
- know the different types of yoga
- know the eight-limbs of yoga
- know basic vocabulary
- know and demonstrate basic safety in basic yoga postures
- know and demonstrate basic breath work
- know simple meditation/attunement
- know basic anatomy & physiology
- Develop a personal practice based on your body and health needs.
Evaluation:

- **Attendance & Participation – 40%** ~ you are expected to participate in the class activity
- **Practicum 20%**
  1. Recognize the posture by English name. Able to go into posture with own guidance.
  2. You will be asked to perform the postures.
  3. You may use any props that support your practice.
  4. You may do any variation of the posture that supports your practice.
  5. Be able to breath while in the posture
  6. Be willing to honor your body’s limitations; not pushing beyond your edge.

- **Written Exams Mid-Term & Final-20%**
- **Mid-Term –Postures & Props, Final- Readings & Lecture** DATES WILL BE POSTED ON OAKS
- **Personal Practice Project-20%**–Several Options will be available for this project. Video, or Auditory. All forms must be submitted via Oaks. Milestones will be sequentially set up on Oaks to guide you.

Grading Scale:

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<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
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<tr>
<td>93+ -A</td>
<td>80-83</td>
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<tr>
<td>90-92</td>
<td>77-79</td>
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<tr>
<td>87-89 B+</td>
<td>74-76</td>
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<tr>
<td>84-86 B</td>
<td>70-73</td>
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<tr>
<td>67-69</td>
<td>D+</td>
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<td>64-66% D</td>
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<tr>
<td>60-63</td>
<td>D-</td>
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<td>&lt;60</td>
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**ATTENDANCE:**
Each student is allowed four (4) absences without final grade penalty. On the fifth (5th) absence and each absence after that the final grade will be dropped five (5) grade points per absence. If you are late for class three (3) times this will count as an absence.

- If you are late, it is your responsibility to come to me after class to mark you as such, otherwise you may be marked absent.
- If you are on a CofC team leaving for a game or are participating in a CofC function this will be excused. **YOU MUST PROVIDE A NOTE FROM THE COACH OR TEACHER. HOWEVER, if you are ill, this will count toward the excused absences; anything beyond this will be reflected in the attendance grade. NO EXCEPTIONS.** Student may be dropped from this course for excessive absences or tardiness as determined by the Instructor.

**Making up Absences & Exams**

**Absences:** Students can make up a maximum of three classes.
Participate in a Yoga class. Provide me with a note via OAKs, there will be a drop box, with a contact person's name & telephone number. I will check on this. Submit observations of your experience in a 500 word statement. Please use proper English, this is not a text message or a tweet. A list of available studios will be listed on OAKs, generally expect to pay for classes anywhere from $5.00 to $15.00.

**Additional make-up opportunity:** Contra Dance 1st & 3rd Friday of the month, go to web site: [http://charlestonfolk.weebly.com/contra-dancing.html](http://charlestonfolk.weebly.com/contra-dancing.html), $8.00 admission. You must write about your experience.
EXAMS You must contact me via cell phone or text message if you find you are ill that morning, before 8:00 am. If you do not, you will receive a zero (0) on the exam/practicum. If you know of a conflict such as a CofC team competition, you must make arrangements prior to the exam/practicum date, otherwise you will receive a zero (0). Make-ups will be arranged primarily during my office hours. I will NOT accept CofC absence forms as a means of communicating your absence, I will however, confirm them.

Policies

**College of Charleston Student Handbook**: This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [www.cofc.edu/studentaffairs/general_info/studenthandbook.html](http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html).

**Classroom Behavior**: Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom behavior will be asked to leave the classroom, will receive no credit for attendance and in-class activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the Dean of Students for appropriate disciplinary action. **Please take a moment to use the bathroom before the start of class.** **Students leaving class can be disrupting.**

**Center for Student Learning**: I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies, speaking & writing skills, and course content. They offer tutoring, Supplemental Instruction, study skills appointments, and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional cost. For more information regarding these services please visit the CSL website at [http://csl.cofc.edu](http://csl.cofc.edu) or call (843)953-5635.

**Electronic Device Policy**: Please turn off all electronic devices during class. Texting is not permitted in class. Students caught texting will be warned (first time), dismissed and marked absent (second time), and receive a 10 point reduction on their final grade (third time).

**Disability**: In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

**Reserve clause**: As we progress through the semester we may find we are ahead of the class outline or behind. This has to do with the knowledge the students bring to the class as well as the time allotted for the class. The instructor may make changes to this syllabus. Students will be informed promptly of any changes as they occur.