PEHD 102 - SYLLABUS
BEGINNING YOGA - 2 CREDITS
MWF 8:00 am - 8:50 am
Instructor: Teresa Martín

Time: Monday, Wednesday, Friday 8:00am-8:50am

Place: Room 201, Johnson Gym

Instructor: Teresa Martin, BA, E-RYT 500

Office Hours: By appointment

Phone: CofC: Department Office 843-953-5558

Email: martintj@cofc.edu or yogafullofgrace@gmail.com

Prerequisites: None

Course: This course presents an introduction to the philosophy and practice of Hatha Yoga. Emphasis will be placed on physical poses, breathing, meditation and positive thinking to reduce stress and improve overall well being.


Course Objectives: Students will be able to:
I. Provide basic information on the origin and history of Yoga
II. Understand the basic concept of Yoga
   A. Physical Application - developing technique to enhance/maintain physical fitness and reduce stress
   B. Mental Awareness - developing skills to maintain clarity, confidence and compassion
   C. Spiritual Contemplation - finding purpose
III. Benefits of Yoga in modern day living

Requirements: 50% Class Attendance and Participation
20% Written Exams
30% Practical - Final Demonstration & Written Project

Grading Scale: A 93-100
A- 90-92
### Evaluation Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>B+</td>
<td>88-89</td>
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<tr>
<td>B</td>
<td>83-87</td>
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<tr>
<td>B-</td>
<td>80-82</td>
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<tr>
<td>C+</td>
<td>78-79</td>
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<tr>
<td>C</td>
<td>74-77</td>
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<tr>
<td>C-</td>
<td>72-73</td>
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<tr>
<td>D+</td>
<td>70-71</td>
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<td>D</td>
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<td>D-</td>
<td>66-67</td>
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<tr>
<td>F</td>
<td>&lt; 65</td>
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- **Attendance/Participation**: 50 points, 50%
- **Exam 1**: 10 points, 10%
  - Assigned Reading & Lecture
- **Exam 2**: 10 points, 10%
  - Assigned Reading & Lecture
- **Practical Exam - Demonstration of Poses**: 15 Points, 15%
- **Written Project**: 15 Points, 15%

**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 the course in excess of 5 absences or excessive 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 all students.

Academic Honor: The College of Charleston has an Honor System that expects students to govern their behavior. You can find a complete version of the Honor System and all related processes in the Student Handbook or at http://studentaffairs.cofc.edu/honor-system/

Extra Credit: Bonus Projects/Papers for extra credit must be related to Yoga or Meditation. These projects/papers may include but not be limited to: typed papers, yoga community service, 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.

CLASS SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>COURSE TOPIC: Schedule is tentative &amp; can change without notice</th>
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</thead>
<tbody>
<tr>
<td>8/21</td>
<td>Lecture: Attitude. What is Yoga? What to expect. Intention</td>
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<tr>
<td></td>
<td>Positions: Child’s Pose, Table, Cat/Cow, Downward Facing Dog,</td>
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<td>Standing Forward Bend, Mountain, Standing Crescent Moon, Relaxation</td>
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<tr>
<td>8/23</td>
<td>Lecture &amp; Experiential: Foundation - Styles of Yoga</td>
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<td>Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Spinal Rocks, Mini Pigeon, Full Pigeon, Downward Facing Dog, Child’s Pose, Relaxation</td>
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<tr>
<td>8/26</td>
<td>Lecture: Breathing - Creative Life Force</td>
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<td>Positions: Surya Namaskar (Sun Salutation), Mountain Pose, Tree Pose, Garland Pose, Seated Spinal Twist, Bound Angle Pose, Meditation</td>
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<tr>
<td>8/28</td>
<td>Lecture: Life Cycles - Active/Passive, Lunar/Solar</td>
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<td>Positions: Surya Namaskar, Wide Legged Forward Fold, Warrior 2, Triangle Pose, Child’s Pose, Reclined Hip Opener, Bridge Pose, Windshield Wiper Legs, Relaxation</td>
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<tr>
<td>8/30</td>
<td>Lecture: History &amp; Evolution of Yoga - Intention</td>
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<td></td>
<td>Positions: Mini Pigeon, Table, Cat/Cow, Downward Facing Dog, Plank, Cobra, Standing Forward Fold, Standing Crescent Moon, Mountain, Garland Pose, Seated Spinal Twist, Bound Angle Pose, Fullness Meditation</td>
</tr>
<tr>
<td>9/2</td>
<td>Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Spinal Rocks, Mini Pigeon, Downward Facing Dog, Plank, Cobra, Thigh Stretch in Downward Dog, Standing Forward Fold, Dancer, Garland, Bridge, Reclined Twist, Relaxation</td>
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<tr>
<td>9/4</td>
<td>Lecture: Paths of Yoga - Jnana, Karma, Bhakti, Raja</td>
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<td>Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation</td>
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</tbody>
</table>
9/6 Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Reclined Twist, Spinal Rocks, Upward facing Plank, Standing Forward Fold, Mountain, Chair, Eagle, Seated Spinal Twist, Cow Face Pose, Meditation

9/9 Lecture: Yamas & Niyamas
Positions: Sun Salutations, Pigeon, Cobra, Bow, Reclined Twist, Reclined Leg Extension, Relaxation

9/11 Positions: Table, Cat/Cow, Downward Facing Dog, Warrior 1, Warrior 2, Mountain, Standing Forward Fold, Child’s Pose, Meditation

9/13 Lecture: Asana & Pranayama
Positions: Sun Salutations, Warrior 2, Wide Legged Forward Fold, Triangle Pose, Half Moon Pose, Child’s Pose, Pigeon, Cobra, Reclined Twist, Relaxation

9/16 Lecture: Pratyahara, Dharana, Dhyana, Samadhi
Experiential: Meditation Relaxation

9/18 Lecture: Hatha Yoga
Positions: Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Chair Pose, Standing Crescent Moon, Tree, Dancer, Garland, Boat, Seated Spinal Twist, Relaxation

9/20 Positions: Sun Salutations, Warrior 1, Standing Forward Bend, Intense Leg Stretch, Warrior 3, Child’s Pose, Pigeon, Reclined Twist, Relaxation

9/23 Review For Exam

9/25 Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Fish Pose, Reclined Leg Extension, Legs Up the Wall

9/27 Exam 1

9/30 Lecture: Breath Awareness - Mindfulness
Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Reclined Twist, Fish, Reclined Leg Extension, Happy Baby Pose, Reclined Bound Angle, Relaxation

10/2 Lecture: Spanda
Positions: Mini Pigeon, Sun Salutations, Upward Facing Dog, Bow, Twisting Low Lunge, Camel, Hero, Seated Spinal Twist, Meditation

10/4 Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Spinal Rocks, Mini Pigeon, Downward Facing Dog, Plank, Cobra, Thigh Stretch in Downward Dog, Standing Forward Fold, Chair, Eagle, Cow Face, Easy Pose, Meditation

10/7 Lecture: Movement of Energy
Positions: Mountain, Sun Salutation, Chair, Warrior 1, Intense Leg Stretch, Standing Forward Fold, Eagle, Seated Spinal Twist, Cow Face Pose, Meditation

10/9 Lecture: Energetic Alignment
Positions: Sun Salutations, Warrior 1, Standing Forward Bend, Intense Leg Stretch, Warrior 3, Child’s Pose, Pigeon, Reclined Twist, Relaxation
10/11 Lecture: Balanced Action
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation

10/14 Fall Break No Class

10/16 Lecture: Chakras
Positions: Sun Salutations, Warrior 2, Triangle, Half Moon, Warrior 1, Intense Leg Stretch, Warrior 3, Child’s Pose, Boat, Seated Twist, Bound Angle, Relaxation

10/18 Positions: Downward Facing Dog, Plank, Upward Facing Dog, Pigeon, Camel, Bow, Reclined Twist Variations, Relaxation

10/21 Lecture: Doshas/Gunas
Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Reclined Twist, Fish, Reclined Leg Extension, Happy Baby Pose, Cow Face Pose, Easy Pose, Meditation

10/23 Lecture: Rasas
Poses: Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Chair Pose, Standing Crescent Moon, Dancer, Twisting Chair Pose, Relaxation

10/25 Lecture: Malas
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation

10/28 Lecture: Embodiment
Positions: Sun Salutations, Chair, Triangle, Half Moon, Revolved Chair, Revolved Triangle, Child’s Pose, Hero Pose, Analoma Viloma, Relaxation

10/30 Lecture: A-U-M
Positions: Mountain, Sun Salutation, Chair, Warrior 1, Intense Leg Stretch, Standing Forward Fold, Eagle, Seated Spinal Twist, Boat, Cow Face Pose, Meditation

11/1 Lecture: Refinement - Present Final Project
Positions: Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Chair, Warrior 1, Mountain, Pigeon, Camel, Bridge, Shoulder Stand, Fish, Relaxation

11/4 Experiential - Final Project Review with Groups
Positions: Child’s Pose, Cat/Cow, Downward Facing Dog, Standing Forward Bend, Chair, Warrior 1, Mountain, Pigeon, Camel, Bridge, Shoulder Stand, Fish, Reclined Twist, Easy Pose, Analoma Viloma, Meditation

11/6 Review For Exam

11/8 Exam 2

11/11 Lecture: In the Flow
Positions: Sun Salutations, Tree, Warrior 1, Standing Forward Bend, Intense Leg Stretch, Warrior 3, Child’s Pose, Pigeon, Reclined Twist, Analoma Viloma, Relaxation

11/13 Experiential: Journal Before/After - Contemplation
Sun Salutations, Warrior 2, Wide Legged Forward Fold, Triangle Pose, Half Moon Pose, Child’s Pose, Pigeon, Cobra, Reclined Twist, Relaxation

11/15 Experiential: Meditation
Positions: Easy Pose, Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Chair Pose, Standing Crescent Moon, Warrior 2, Triangle, Half Moon, Mountain, Dancer, Revolved Chair Pose, Revolved Triangle, Crow, Seated Spinal Twist, Bound Angle, Cow Face, Analoma Viloma, Relaxation

11/18 Experiential: Journal Before/After - Contemplation
Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Spinal Rocks, Mini Pigeon, Boat, Upward Facing Plank, Standing Forward Fold, Standing Crescent Moon, Mountain, Wide Leg Forward Fold, Triangle, Downward Facing Dog, Hero, Cow Face Pose, Meditation

11/20 Experiential: Journal Before/After - Contemplation
Positions: Sun Salutations, Warrior 2, Chair, Eagle, Downward Facing Dog, Headstand Prep, Downward Facing Dog, Child’s Pose, Pigeon, Boat, Bridge, Shoulder stand, Fish, Reclined Twist, Relaxation

11/22 Practice positions for Individual Demonstration

11/25 **Demonstration of Sun Salutations & Final Positions**

11/27 Thanksgiving Break No Class

11/29 Thanksgiving Break No Class

12/2 **Written Practical Due - All Bonus Projects Must Be Submitted**