Beginning Yoga – 11622 – PEAC 102-05 – 2 semester hours

Time: T/TR 8:00 – 9:15am
Place: Room 201 (Exercise Deck, Johnson Gym, George Street)
Instructor: Ashley Bell, BA, MA, ERYT-200
Office Hours: By Appointment
Office Phone: 953-5558
Contact Email: bellae1@cofc.edu

Overview: This course will provide an introduction to the physical practice of yoga, as well as the history and philosophy behind the postures.

Course Objectives: Active participation in the course should prepare students to:
1) Identify and articulate the historical relevance of yoga as it relates to modern incarnations of the practice.
2) Apply basic yogic philosophies and principles to the practice of yoga postures, benefitting body, mind and spirit.
3) Demonstrate a greater awareness of anatomy, developing stability and mobility to move the body toward more optimal alignment.
4) Create strategies for utilizing yoga techniques to reduce stress and foster emotional wellness in daily life.

Requirements: Attendance and Participation
Students are responsible for signing in for class on the sign in sheet at each and every session. Students are expected to be on time and dressed appropriately. Two points will be deducted for tardiness and one point for inappropriate attire. Cell phone use during class is not permitted; points will be deducted for bringing cell phones to the mat. In the event that a student must be absent, two make up classes at studios selected by the instructor are permissible with written documentation of attendance.

Journaling
Students will be granted two to five minutes each session for the purpose of reflecting on the practice. Additional journaling is not required but definitely encouraged.

Quizzes
Quizzes will be given in class. In the event that you are absent on a testing day, please provide a written explanation of the absence (doctor’s note, etc.) and email the instructor in advance of the session to schedule a make-up test.
Mysore Practice: a 20-minute self-guided practice on the last day of class

Final Project
The final project can be completed using a variety of media and will demonstrate the student’s understanding of the multidisciplinary nature of yoga and yoga practice as it relates directly to the experience of the individual. A rubric outlining the final project requirements will be shared after the midterm.

Criteria for Evaluation:

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<tr>
<th>Criteria for Evaluation</th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>140</td>
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<tr>
<td>Participation</td>
<td>70</td>
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<td>Journaling</td>
<td>30</td>
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<td>Liability Release</td>
<td>5</td>
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<td>Health Questionnaire</td>
<td>5</td>
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<tr>
<td>What is Yoga?</td>
<td>10</td>
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<tr>
<td>Quiz 1 (History)</td>
<td>25</td>
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<td>Quiz 2 (8 limbs)</td>
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<td>Quiz 3 (Anatomy)</td>
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<td>Quiz 4 (Philosophy)</td>
<td>25</td>
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<td>Mysore Practice</td>
<td>20</td>
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<td>Final project</td>
<td>20</td>
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<td>TOTAL</td>
<td>400</td>
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Grading Scale:
- A = 93-100%
- B- = 80-82%
- D+ = 70-71%
- A- = 90-92%
- C+ = 78-79%
- D = 68-69%
- B+ = 88-89%
- C = 74-77%
- D- = 66-67%
- B = 83%-87%
- C- = 72-73%
- F = < 66%

Extra Credit: Extra credit may be earned by submitting a written report on a topic related to yoga and/or meditation. Such projects must be approved by the instructor on or before October 30, 2015 and submitted for assessment by November 30, 2015.

Honor Code: Students must do their own work. Please see the 2015 - 2016 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class. Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/graduatedocuments/handbook.pdf

Conduct: Code language that guides our responses to classroom disruption can be found in the Student Handbook: A Guide to Civil and Honorable Conduct.
Campus Support: This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

Course Schedule:

Week 1: Policies and Procedures, Health Questionnaire
What is Yoga – Overview, sequence introduction

Week 2: History of Yoga (ancient and relationship to Hindu Mythology), sequence practice
History of Yoga (Upanishads), sequence practice

Week 3: History of Yoga (Bhagavad Gita), sequence practice
History of Yoga (Transition to the West), sequence practice

Week 4: History Quiz, sequence practice
Yamas, sequence practice

Week 5: Niyamas, sequence practice
Pranayama exploration, Kundalini yoga practice

Week 6: Meditation discussion, sequence practice
Eight Limbs Quiz, Yin Yoga practice

Week 7: Contemporary Yoga Themes, sequence practice with sun salutations
Contemporary Yoga Styles, sequence practice with sun salutations

Week 8: Skeletal Anatomy for yoga, modified Ashtanga Vinyasa practice
Anatomy of the Nervous System, Restorative Practice (bring a pillow)

Week 9: Large Muscles overview, sequence practice with sun salutations
Anatomy Test, Q&A

Week 10: Discussion of Final Project, sequence practice with sun salutations
Chakras, forward folds
Week 11: Presence, balancing postures
Duality, Warrior poses and variations

Week 12: Diet, twisting postures and variations
Philosophy Quiz, Guided from Within

Week 13: The Power of Compassion, heart openers
Inversions, safe practice and alignment

Week 14: Final Projects Due, Lotus Inspired Flow practice
Mysore Practice, Course Evaluations, Semester Summary

*The syllabus is subject to change at the discretion of the instructor.