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

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

Place: Room 201, Johnson Gym

Instructor: Teresa Martin, BA, E-RYT 500

Office Hours: By appointment. Please feel free to talk before or after class.

Office: Room 407 Silcox Physical Education and Health Center

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 Text: The Sivananda Companion to Yoga Simon & Schuster
New York

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% Practical - Final Demonstration & Written Paper
30% Examination - written
### Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
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<tbody>
<tr>
<td>A</td>
<td>93-100</td>
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<tr>
<td>A-</td>
<td>90-92</td>
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<tr>
<td>B+</td>
<td>88-89</td>
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<td>B</td>
<td>83-87</td>
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<td>B-</td>
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<td>C+</td>
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<td>D-</td>
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<td>F</td>
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### Evaluation Scale:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance/Participation</td>
<td>50</td>
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<tr>
<td>Exam 1</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td>Exam 2</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td>Practical Exam - Demonstration of Poses</td>
<td>15</td>
<td>15%</td>
</tr>
<tr>
<td>Final Project</td>
<td>15</td>
<td>15%</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>100</td>
<td>100%</td>
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### Attendance:

Attendance and punctuality to class are required. *Each student is responsible for signing with the professor 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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<tbody>
<tr>
<td>1/8</td>
<td>Lecture: What is Yoga? What to expect. Positions: Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Standing Crescent Moon, Relaxation</td>
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<tr>
<td>1/10</td>
<td>Lecture &amp; Experiential: Foundation &amp; Intention Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Spinal Rocks, Mini Pigeon, Downward Facing Dog, Child’s Pose, Relaxation</td>
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<tr>
<td>1/13</td>
<td>Lecture: Attitude &amp; Breath 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>1/17</td>
<td>History &amp; Evolution of Yoga - Intention 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>
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<tr>
<td>1/20</td>
<td>MLK Day - No Class</td>
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<tr>
<td>1/22</td>
<td>Lecture: Paths of Yoga - Jnana, Karma, Bhakti, Raja 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>
1/24 Practice
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

1/27 Lecture: Yamas & Niyamas
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

1/29 Lecture: Yamas & Niyamas
Positions: Sun Salutations, Pigeon, Cobra, Bow, Reclined Twist, Reclined Leg Extension, Relaxation

1/31 Practice
Positions: Table, Cat/Cow, Downward Facing Dog, Warrior 1, Warrior 2, Mountain, Standing Forward Fold, Child’s Pose, Meditation

2/3 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

2/5 Lecture: Pratyahara, Dharana, Dhyana, Samadhi
Experiential: Meditation Relaxation

2/7 Lecture: Hatha Yoga in Modern Day
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

2/10 Review For Exam

2/12 Positions: Sun Salutations, Warrior 1, Standing Forward Bend, Intense Leg Stretch, Warrior 3, Child’s Pose, Pigeon, Reclined Twist, Relaxation

2/14 Exam 1

2/17 Lecture: Breath Awareness - Mindfulness
Positions; Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Fish Pose, Reclined Leg Extension, Legs Up the Wall

2/19 Lecture: Spanda
Positions: Mini Pigeon, Sun Salutations, Upward Facing Dog, Bow, Twisting Low Lunge, Camel, Hero, Seated Spinal Twist, Meditation

2/21 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

2/24 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
2/26 Lecture: Balanced Action
Positions: Mountain, Sun Salutation, Chair, Warrior 1, Intense Leg Stretch, Standing Forward Fold, Eagle, Seated Spinal Twist, Cow Face Pose, Meditation

2/28 Lecture: Chakras
Positions: Sun Salutations, Warrior 1, Standing Forward Bend, Intense Leg Stretch, Warrior 3, Child’s Pose, Pigeon, Reclined Twist, Relaxation

3/3-3/7 Spring Break - No Class

3/10 Lecture: Doshas/Gunas
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation

3/12 Positions: Downward Facing Dog, Plank, Upward Facing Dog, Pigeon, Camel, Bow, Reclined Twist Variations, Relaxation

3/14 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

3/17 Lecture: Malas
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation

3/19 Lecture: Embodiment
Positions: Sun Salutations, Chair, Triangle, Half Moon, Revolved Chair, Revolved Triangle, Child’s Pose, Hero Pose, Analoma Viloma, Relaxation

3/21 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

3/24 Review for Exam 2

3/26 Exam 2

3/28 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

3/31 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

4/2 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

4/4 Lecture: In the Flow
Sun Salutations, Warrior 2, Wide Legged Forward Fold, Triangle Pose, Half Moon Pose, Child’s Pose, Pigeon, Cobra, Reclined Twist, Relaxation
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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| 4/7  | 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 |
| 4/9  | 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 |
| 4/11 | 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 |
| 4/14 | 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 |
| 4/16 | Practice positions for Individual Demonstration |
| 4/18 | Final Demonstration of Sun Salutations |
| 4/21 | Practical Due |
| 4/23 | Final Practice - All Bonus Projects Must Be Submitted |