PEHD 102 - SYLLABUS
BEGINNING YOGA - 2 CREDITS
Tues/Thurs 9:25 am - 10:40 am
Instructor: Teresa Martin

Time: Tuesday & Thursday 9:25 am - 10:40 am
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:
A  93-100
A-  90-92
B+  88-89
B   83-87
B-  80-82
C+  78-79
C   74-77
C-  72-73
D+  70-71
D   68-69
D-  66-67
F   < - 65

Evaluation Scale:
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%
Final Project  15 Points  15%
TOTAL  100 Points  100%

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

DATE COURSE TOPIC: Schedule is tentative & can change without notice

1/9 Lecture: What is Yoga? What to expect. Foundation & Intention
Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Spinal Rocks, Mini Pigeon, Seated Twist, Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Standing Crescent Moon, Garland Pose, Final Relaxation

1/14 Lecture: Attitude, Breath & Life Cycles - Active & Passive
Positions: Surya Namaskar (Sun Salutation), Mountain Pose, Wide Legged Forward Fold, Warrior 2, Triangle Pose, Tree Pose, Garland Pose, Seated Spinal Twist, Bound Angle Pose, Reclined Hip Opener, Bridge Pose, Windshield Wiper Legs, Relaxation

1/16 History & 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, Windshield Wiper Legs, Relaxation

1/21 Lecture: Paths of Yoga - Jnana, Karma, Bhakti, Raja
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Triangle Pose, Tree Pose, Garland Pose, Crow Pose, Bound Angle Pose, Bridge Pose, Reclined Twist, Relaxation

1/23 Practice Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Reclined Twist, Spinal Rocks, Mini Pigeon, Pigeon, Downward Facing Dog, Plank, Cobra, Thigh Stretch in Downward Dog, Standing Forward Fold, Dancer, Garland, Crow, Seated Twist, Meditation, Relaxation

1/28 Lecture: Yamas & Niyamas
Positions: Constructed Rest Pose, Windshield Wiper Legs, Reclined Hip Opener, Bridge Pose, Reclined Twist, Spinal Rocks, Boat Pose, Upward facing Plank, Standing Forward Fold, Mountain, Crescent Moon Pose, Chair, Eagle, Warrior I, Intense Leg Stretch, Table, Child’s Pose, Seated Spinal Twist, Cow Face Pose, Meditation, Relaxation

1/30
Lecture: Yamas & Niyamas
Positions: Sun Salutations (high lunge and low lunge), Pigeon, Cobra, Downward Facing Dog, Warrior 2, Side Angle Pose, Triangle Pose, Bow, Reclined Twist, Bridge Pose, Wheel Pose, Recline Twist, Reclined Leg Extension, Relaxation

2/4
Lecture: Asana & Pranayama
Positions: Sun Salutations, Warrior 1, Warrior 3, Wide Legged Forward Fold, Warrior 2, Triangle Pose, Half Moon Pose, Child’s Pose, Cobra, Pigeon, Seated Twist, Bound Angle Pose, Reclined Bound Angle Pose, Relaxation

2/6
Lecture: Pratyahara, Dharana, Dhyana, Samadhi
Experiential: Meditation Relaxation

2/11
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

2/13
Review For Exam
Positions: Sun Salutations, Warrior 1, Standing Forward Bend, Intense Leg Stretch, Warrior 3, Child’s Pose, Pigeon, Reclined Twist, Relaxation

2/18
Exam 1
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

2/20
Lecture: Spanda/Movement of Energy
Positions: Mini Pigeon, Sun Salutations, Upward Facing Dog, Bow, Twisting Low Lunge, Camel, Hero, Seated Spinal Twist, Meditation

2/25
Lecture: Balanced Action
Positions: Mountain, Sun Salutation, Chair, Warrior 1, Intense Leg Stretch, Warrior 3, Standing Splits, Standing Forward Fold, Tree Pose, Garland Pose, Crow Pose, Eagle, Seated Spinal Twist, Cow Face Pose, Meditation, Relaxation

2/27
Lecture: Chakras
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

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

3/4
Lecture: Doshas/Gunas
Positions: Mountain, Sun Salutation, Chair, Warrior 1, Intense Leg Stretch, Standing Forward Fold, Eagle, Warrior 2, Triangle Pose, Wide Legged Forward Fold, Cobra Pose, Locust Pose, Bow Pose, Seated Spinal Twist, Cow Face Pose, Meditation

3/6
Lecture: Doshas/Gunas
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation

3/11 Lecture: Rasas
Poses: Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Chair Pose, Standing Crescent Moon, Dancer, Twisting Chair Pose, Plank, Upward Facing Dog, Pigeon, Camel, Bow, Reclined Twist Variations, Relaxation

3/13 Lecture: Malas
Positions: Sun Salutations, Tree Pose, Warrior 2, Plank, Side Plank, Child’s Pose, Garland Pose, Crow Pose, Bound Angle Pose, Relaxation

3/18 Lecture: Embodiment & A-U-M
Positions: Sun Salutations, Chair, Triangle, Half Moon, Revolved Chair, Revolved Triangle, Child’s Pose, Hero Pose, Analoma Viloma, Relaxation

3/20 Lecture: Refinement - Present Final Project
Positions: Table, Cat/Cow, Child’s Pose, Downward Facing Dog, Standing Forward Bend, Chair, Warrior 1, Mountain, Garland, Boat, Pigeon, Camel, Bridge, Shoulder Stand, Fish, Relaxation

3/25 Review for Exam 2

3/27 Exam 2

4/1 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

4/3 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

4/8 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

4/10 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

4/15 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

4/17 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
4/22  Practice positions for Individual Demonstration
4/24  Final Demonstration of Sun Salutations
4/29  Practical Due - All Bonus Projects Must Be Submitted