COURSE OVERVIEW

This course is designed to introduce students to the practice of yoga and its accompanying benefits. More than exercise, yoga is an approach to life that includes physical fitness, relaxation, mental concentration, and personal development. We’ll also be looking into the philosophy behind Yoga, and how it applies to our lives. Emphasis will be placed on alignment, body awareness, relaxation, fitness, and enjoyment.

COURSE OBJECTIVES

1. Improve flexibility, range of motion, strength, and muscle tone
2. Learn proper alignment and modifications of yogic exercises
3. Introduce breathing, relaxation, and meditation techniques
4. Develop greater self-awareness and mind-body connection- in postures, meditation, and beyond
5. To enjoy the practice and learn enough to practice on one's own

GRADING

1. Course is graded Pass/Fail based on attendance, participation and attitude.
2. After three (3) absences the student will lose credit and receive an “F” grade.
3. You may make up absences in the following ways:
   - Attend another yoga class and bring in signed note of attendance or
   - Do a yoga video at home and bring in note with name of video and a short paragraph about your experience.
   
   All make up are due by midnight the last day of class
4. Non-participation counts as an absence, unless excused.
ATTIRE & GENERAL GUIDELINES

Wear comfortable clothing that allows for bending and stretching, snug but nonbinding. Layers are suggested. Yoga is best done on an empty stomach, so allow at least 90 minutes for your meal to digest. If you must eat, try something light, such as fruit or yogurt. Yoga is practiced with bare feet. Bring a sticky mat (one which is made for yoga specifically) with you to class. Also, props such as blocks and straps can be very useful so feel free to bring and use them if available. Respect your body's abilities and limits. Begin with an open mind and a positive attitude and you will see and feel results almost immediately. Yoga is non-competitive and a life-long journey of change and transformation. I encourage you to let go of expectations and competition and view yoga as a practice of self-discovery and be satisfied with the process, rather than basing your success on what you can or cannot do at the moment.

SAFETY

There is no benefit from pushing through the sensation of stretch to a place of pain in order to “achieve” the full pose. Practice consciously, and if postures cause pain or discomfort please seek the advice of the instructor. Avoid holding your breath in any posture. Breathing is the key, it will tell you if you are straining or struggling. Breathe slowly and smoothly through the nostrils throughout your entire practice. Please notify instructor before we begin if you have injuries or are pregnant. Remember that you want to make the pose fit your body, not your body fit the pose.

NOTICE

Qualified students with disabilities may be eligible for reasonable accommodations. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, 797-2444 voice, 797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials are available with advance notice.

NOTE: Students must sign the release form on Canvas before participating in class!!!