

**West LA College, Fall 2015**  
**Kin 251 –Yoga Skills, Section 2982**  
**Fridays 10:15-12:25pm, Room FA 104**

**Instructor:** Shyamala Moorty

**School Website:** [www.wlac.edu](http://www.wlac.edu)

**Office hours:** Fri 12:25-12:45pm (FA 104) or by appointment

**E-mail:** [shydance@gmail.com](mailto:shydance@gmail.com) (please put West LA College in subject line)

**Course Description:**

The course will focus on awareness, balance, and unity of mind and body through Vinyasa flow, a type of Hatha Yoga. Classes will include basic asanas (yoga postures), pranayama (breathing techniques), and relaxation techniques such as meditation, and guided visualizations.

**Student Objectives:**

By the completion of this course you will be able to:

- \*Demonstrate proper Ujjai breathing technique while doing yoga sequences.
- \*Perform the Sun Salutation with appropriate modifications for their own physical ability.
- \*Demonstrate correct alignment of the three warrior poses.
- \*Name and utilize relaxation techniques for stress reduction.
- \*Demonstrate increased physical flexibility, stamina and strength.
- \*Create yoga sequences with connecting breath and correct alignment.

**Preparing for class:**

**Attire:** You will be most comfortable in stretchy clothes which fit snugly so that alignment is visible, like leggings and sweat pants. Jeans, skirts, or short shorts will be too restrictive of your movements. Following the traditions of yoga, please remove shoes and socks and leave them in the carpeted area. Additionally it is recommended to tie your hair back away from your face and remove large dangly jewelry!

**Props:** You may wish to bring your own Yoga mat, blanket/towel, blocks, and/or strap -which can make certain asanas (poses) more comfortable, safe or challenging. These items can be purchased at retail stores such as Target, sports stores such as Big 5, yoga studios, or on Internet sites such as [www.matsmatsmats.com](http://www.matsmatsmats.com) or [www.jadeyoga.com](http://www.jadeyoga.com). If you have sensitive knees, bring knee pads, a blanket, or double stack your mats (rather than getting a thicker mat which makes balancing more challenging).

**Touch:** in order to assist you with alignment, and proper execution of the asanas I may give the students physical adjustments. If you do not wish to be touched, please let me know before class or at any time.

**Injuries:** It is important to inform me of any injuries that you may have before each class, so the practice can be modified safely.

**Special needs:** *Students with disabilities who believe they may need accommodations in this class are encouraged to contact Disabled Students Programs and Services located in HRLC 119, phone number (310) 287-4450, as soon as possible to better ensure such accommodations are implemented in a timely fashion.*

**Class Etiquette:**

- *90% of success is showing up:* Arrive 5-10 minutes early for class in order to dress, use the restroom, review material, and for your own pre warm-up.
- *Leave the world behind:* Turn all cell phones and pagers off when you enter the studio and leave them off the mat.
- *Yoga is an internal journey:* Class is a silent space, except during specified discussions times.

- Clean surroundings calm the mind: Keep the studio clean by throwing away your trash, taking your shoes off when you enter, and neatly stacking blocks and mats in the cabinet. Leave all food, gum, and drinks outside –except water.
- Your body is your temple: Take care of yourself by being properly rested and nourished and refrain from eating anything heavy two hours before class.
- You are an important part of the group: Your presence is felt, your absence is missed, your early departure or late arrival disrupts everyone.
- Class is a safe private space without distractions: Please do not bring anyone who is not enrolled to class including friends, relatives or children.
- There is no one else just like you! Rather then comparing yourself with others, honor your own changing physical and mental needs. Each of you has unique body histories including injuries and strengths. If you need extra help email or stay after class for office hours.

**Grading:**

**Grading Scale:** 100-90: A 89-80: B 79-70: C 69-60: D 59-0: F

**Active Participation: 60points**

**"Journeys of a thousand miles begin with a single step." –Lao Tzu**

Showing up and trying is the most important part of this class. You start with the full 60 points. After two free absences, each additional absence will subtract 4 points. Each late arrival or early departure will subtract 2 points. Please enter quietly if late; and, for safety purposes, warm up before joining the class, or observe and write notes instead of participating. If you are tardy, injured or ill (and NOT CONTAGIOUS), observe class and turn in 1-2 pages of notes to receive credit for class. If you are unable to come to class due to illness or emergency, bring a Dr. note or other appropriate documentation the following class and you will be excused.

Make-ups: Up to 2 classes can be made up by taking another yoga class (with that instructor's permission). You should write a short summary highlighting what you did in the make-up class and verifying the time and date of the make-up with the instructor's signature. Make up classes as soon as possible after the missed date.

**Yoga Practice Log: 20 points**

**"We are all what we repeatedly do. Excellence, then, is not an act, but a habit." –Aristotle**

You can accumulate an additional 20 points (worth 2 letter grades) by practicing yoga a minimum of 60 min. a week outside of class. The 60 minutes can be split up however you like (two 30 min. practices, three 20 minute practices, four 15 min. practices, six 10 min. practices, or any combination of the above). Yoga practice logs will be provided, as well as guiding inquiries to work on. The log will be collected every week at the beginning of class (see calendar below). You may request copy of the log over e-mail, however, you must turn in a printed copy (no emails). Each log is worth 2 points and there are 10 logs due in the semester. Additional logs will be counted as extra credit. Logs turned in late will receive 1 point.

**Final Project: Developing A Home Practice - 20 points**

**"By learning you will teach, by teaching you will learn." –Latin Proverb**

You will culminate your experience in class by developing your own home practice and teaching it to a small group of peers. The practice should be typed and handed in at the beginning of the final class. More guidelines will be given in class. This is an in-class group experience, so make-ups are not possible unless arrangements are made in advance.

**Class Calendar:**

Sept 11: last day to audit/add in person, to drop w/o a fee or a W, and to file for pass/no pass  
 Nov 26-29: thanksgiving holiday  
 Nov 20: Last day to drop with a W  
 Nov 27: Draft Final project due  
 Dec 11: Final Project presentations, last day of class

**"May we exist like a lotus, at ease in the muddy water." – Zen Proverb**