

Mondays and Wednesday 11:10-12:35pm FALL 2015 (Yoga III Section # 2696)

Professor: Melinda Smith

Office: PECSouth 135

Email: smithmm@wlac.edu

Phone (310) 287-4581

Course Description and Objectives: This course allows students who already have a basic knowledge of yoga to take their practice to the next level. Power yoga has its roots in Ashtanga (a fire and air style of yoga) without a predefined sequence of poses. Power yoga emphasizes strength, energy, mental focus and flexibility while synchronizing one's breath with one's movement thereby improving body/mind connection. This branch of yoga allows a more creative

flow that works primarily to bring balance to the body through 1) proper postures (asanas) 2) breath control (pranayama) 3) proper relaxation 4) proper diet 5) positive thinking and meditation. By the completion of this course, the students will be able to:

- Demonstrate a variety of yoga asanas (poses), vinyasas (sequences), and pranayama (breathing techniques)
- Utilize relaxation techniques for stress reduction
- Display proper alignment in their poses
- Enhance mental focus, physical flexibility, stamina and strengthening in the body through pre/post tests

Course Outcome- At the end of the semester, the successful student will be able to identify and explain the five components of fitness and demonstrate proper alignment of the three warrior poses along with breathing techniques.

Requirements: (yoga mat, journal, open mind)

We all come into class with different levels of flexibility, fitness levels, experience and expectations. Yoga is a journey that attempts to integrate body, mind and spirit where its ultimate goal is to discover our true selves. Yoga originated over 6,000 years ago in India, where it is a lifestyle of self-discipline based on "simple living and high thinking". We will practice yoga, we will never be perfect. There is no competition in this course. You may make up a total of

6 classes during the semester. You are expected to be at class on time ready to practice and participate.

If you can no longer attend the class, you need to formally drop yourself at Admissions and Records

Grading:

There will be 300 points possible

Attendance and Participation	230 points	(each class worth 10pts)	240-300 A
Pre-test and Post-test	40 points	(20 pts each)	180-239 B
Yoga Assignment	30	(15 points each)	120-179 C

Total- 300

60- 119 D

Under 60 F

Assignments:

Pre and Post tests- to be completed in class

Yoga journal- write 8 entries about your reflections of your progress, likes/dislikes, changes in flexibility, awareness through meditation.... Whatever you want to write about. Must be typed. First 4 entries will be due Oct 19th and second 4 entries will be due Dec 7th.

What to Bring:

- Yoga mat (better to have your own), towel, water, layer clothing- No jeans!
- A positive and open minded attitude!

Important dates: Pre-testing Sept 2nd, Post-testing Dec 7th

Yoga journals due Oct 19th and Dec 7th Last day of class is Dec 9th

Holidays : Mon 9/7 Labor Day, Veterans Day 11/11