

**FALL 2014 Section: 2982**

**Meets Fridays 3:30 – 5:35 PM, February 9 – June 7, 2015, Final Exam Friday June 5 during class time**

**Room: FA 104**

**Instructor: Carol McDowell**

**Office Hours: by appointment 3-3:30 or 5:35-6 in classroom**

**E-mail: [mcdowecl@wlaac.edu](mailto:mcdowecl@wlaac.edu) or [naiamcd@gmail.com](mailto:naiamcd@gmail.com) (please put WLAC in subject line)**

*COURSE DESCRIPTION*

An ancient form of movement involving prescribed postures and breathing techniques. Yoga helps to promote strength, flexibility, coordination and balance.

*COURSE STUDENT LEARNING OUTCOME (SLO)*

At the end of the semester, the successful student will be able to demonstrate proper alignment of the three warrior poses along with breathing techniques.

*COURSE OBJECTIVES*

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

- Demonstrate proper Ujjayi breathing techniques while doing yoga sequences.
- Perform the Sun Salutation with appropriate modifications for their own physical ability.
- Identify and utilize relaxation techniques for stress reduction.
- Demonstrate increased physical flexibility, stamina and strength.
- Create yoga sequences with connecting breath and correct alignment.
- Communicate an understanding of basic yoga philosophy, terminology, and history.

*PREPARING FOR CLASS*

- *Attire:* Please wear stretchable exercise clothing that fit the body snugly so proper corrections can be given. Leggings, bicycle shorts, yoga pants, or sweat pants are appropriate. No jeans, skirts, or short shorts. Please remove shoes and socks before you enter the studio floor. Yoga is best practiced barefoot, unless you have an appropriate medical reason.
- *Props:* Although yoga can be practiced without a mat, you are encouraged to purchase your own mat for hygienic reasons. You can find yoga mats at yoga studios, retail stores, such as Target or Big 5 Sports, or online outlets like [www.matsmatsmats.com](http://www.matsmatsmats.com). You may also choose to bring your own blanket, blocks, and non-elastic strap, which can make certain āsana (poses) more comfortable or safe. Please feel free to bring a small hand towel and water in a container of water with a lid to class.
- *Touch:* In order to assist students with alignment, and proper or deeper execution of the āsana the instructor may give students physical adjustments. If the student does not wish to be touched, please let the instructor know before class or at any time.
- *Injuries:* It is important to inform the instructor of any injuries that you may have, so the practice can be modified safely. Respect your limitations. Ask questions. Never allow your body to move into pain.
- *Touch:* The instructor may use touch to adjust or assist a student in a particular pose. If the student does not wish to be touched, please let the instructor know before class (preferably), or at the time of the adjustment.
- Students with disabilities who believe they may need accommodations in this class are encouraged to contact Disabled Student Programs and Services, located in Student Services Building (SSB 320), phone number (310) 287-4450, online <http://www.wlaac.edu/dsps/index.aspx>, as soon as possible to better ensure such accommodations are implemented in a timely fashion.
- Student Services Brochure online <http://www.wlaac.edu/services/brochures/StudentServicesBro.pdf>

**CLASS ETIQUETTE**

- Turn all cell phones off and stow in your gear away from our practice area while class is in session. Leave the world behind. You may not recharge your cell phone in the studio.
- There should be little or no talking during class, except for asking a relevant question and during specified discussion times. Yoga is an internal journey.
- If possible, arrive 5-10 minutes early for class in order to dress, use the restroom, socialize, review material, and for your own pre-class warm-up.
- No food, drinks, or chewing gum allowed in the studio, except for bottled water. Please keep the studio clean by taking your shoes off when you enter and throwing away your trash as you exit.
- Children and guests are not allowed in class.
- Take care of your “instrument” by being properly nourished and rested. Yoga is best practiced if you do not to eat anything heavy two hours before class.
- If you must leave in the middle of class, please inform the instructor before class begins, and do so quietly.
- Do not compare yourself with other students. Each of you has unique skills, strengths, and body shapes. Allow yourself time to master skills that elude you. New approaches require patience and practice. Keep your focus on your experience. Concentrate on the task at hand. Respect your limitations. Listen to your breath and body.

**EVALUATION:****Attendance and Participation: 50 points**

Your presence, concentration, effort, and commitment are the most important part of your learning experience in class. Students are allowed two absences. After that, students will lose 2 points for each absence. Class practice will begin promptly 3:40 PM. Students will lose 1 point for each late arrival or early departure. If you must leave early, please inform the instructor at the beginning of class. If you are late, students should enter quietly, and for safety purposes, it is up to the instructor if you can still participate. We will yoga practice in class with non-hierarchical expectations. Each individual is encouraged to work at his or her own pace with the *krama* (stage) of *asana* (pose) that is fitting for his or her health--be that an ongoing condition, or simply what feels right today. Learn to listen inwardly for guidance and practice yoga at the intelligent edge of your ability, endurance, and attention. It is important that you take responsibility in this area of your experience. Learn to respect your capabilities and limitations and become aware of how they change over time. Communicate with the instructor when you have a question or need assistance.

Make-ups: Up to two classes can be made up by taking another yoga class--with the instructor's permission. To receive credit, please write a paragraph about your experience in the make-up class in the student's *Home Practice Journal*. Please note: You cannot make-up Mid-term and Final Projects AFTER the scheduled class time without prior permission from the instructor. All Reflection Papers are due 5/29/2015--no exceptions.

**Home Practice Journal: 10 points total due every other week 3/6 - 5/29**

Students are required to take notes in class and apply them to their own weekly home practice. Practices should be a minimum of one hour a week (either 10 minute a day 5 times a week, 20 minutes 3 times a week, 30 minutes twice a week, or 60 minutes once a week). Students should note any successes, challenges, and questions that arise during home practice sessions along with the date, time, length, and content of the session. Then write a brief reflection on your experience with yoga during practice at home and in class. A thoughtful robust journal reflection will: 1. Tell a story related to home and/or class practice, 2. Reference something outside of home and/or class practice, 3. Ruminant on a new idea that was inspired by home and/or class practice, and 4. Ask questions. You may use the attached Journal Log Sheet to record your home practice and include a written one paragraph reflection, 100-150 words, to hand in class 3/6, 3/20, 4/3, 4/17, 5/1, 5/15, and 5/29,

**Mid-term Project: 10 points due in class 4/3/2015**

By the mid-way point of the course you will research one yoga asana (pose), which you will demonstrate and teach to a small group in class. The demonstration will include the basic alignment points and benefits that are associated with that particular asana. Then, together as a group, you will choose an order and create transitions between each asana in the group. Guidelines for the Midterm Project will be discussed in class.

**Reflection Paper: 10 points due 5/22/2015**

Review the four articles listed below online. Select one to read thoroughly. Choose a practical concept or philosophical principle of yoga introduced in that article. Summarize the yogic concept/principle you selected in your own words. Describe how this yogic concept/principle relates to your experience of yoga. Reflect on your experience of yoga this semester in typed and printed two-page paper, 500-750 words, double-spaced, using 11 or 12 pt font using Times, Times New Roman, Arial, or Calibri, with 1 inch margins. *\*Alternate resources can be assigned for those of you who have practiced yoga with me in the past.*

1. Rea, Shiva, "Consciousness in Motion," *Yoga Journal*, November 2012

Published online at <http://www.yogajournal.com/article/practice-section/consciousness-in-motion/>

2. Kramer, Joel, "Yoga as Self-Transformation," *Yoga Journal*, May/June 1980.

published online at <http://www.joeldiana.com/downloads/writings/YogaAsSelfTransformation.pdf>

3. Schiffmann, Erich, "Why Yoga?" *Yoga, the Spirit and Practice of Moving Into Stillness*, NY:Pocket Books, 1996. published online at [http://www.movingintostillness.com/book/yoga\\_benefits\\_of.html](http://www.movingintostillness.com/book/yoga_benefits_of.html)

4. French, Alex, "The Rise of Beefcake Yoga," *New York Times*, August 13, 2014

Published online at [http://www.nytimes.com/2014/08/17/magazine/the-rise-of-beefcake-yoga.html?\\_r=1](http://www.nytimes.com/2014/08/17/magazine/the-rise-of-beefcake-yoga.html?_r=1)

**Final Project: 20 points due in class 6/5/2015**

By the final date of the class, students will develop their own yoga *vinyasa*, or sequence for their home practice and present it to a group in class. This yoga sequence should include: *pranayama* or *kriya* (focused breathing or breath/movement meditation), *namaskar* (classic/sun/moon salutation to warm-up), a series of 6-8 asanas (poses and counter poses), and *savasana* (guided meditation for relaxation and reflection). Guidelines for the Final Project will be discussed in class.

**Extra Credit:**

From time to time students may receive extra credit points for assigned activities in class. Due dates, guidelines and worksheets for these activities will be discussed in class.

**FINAL GRADE:**

Final Grades are based on a percentage of the number of total points, which may be more or less than 100:

**A** (90-100%)    **B** (80-89%)    **C** (70-79%)    **D** (60-69%)    **F** (59% and below)

Although I will do my best to assist you, it is the student's responsibility to add or drop courses in a timely manner. Please note that during Spring Session 2015, the last day to add, audit, file pass/no pass in person or drop classes without a "W" on record is 2/20/2015. The last day to drop the class with a "W" on record is 5/8/2015.

**Class Calendar:**

2/13-16	Presidents Weekend/College closed
3/31	Cesar Chavez Day/College closed
4/3	Mid-term Project DUE, during class time 3:30-5:35 PM
4/4-10	Spring Break/College closed
5/22	Reflection Papers DUE
5/25	Memorial Day/College closed
6/5	Final Project DUE, during class time 3:30-5:35 PM

**Resources:**

*Yoga Handout*, compiled by Carol McDowell

Please send an email to [naiamcd@gmail.com](mailto:naiamcd@gmail.com) if you would like a .pdf of this handout

*Home Practice Log Sheet*, attached to this syllabus

Online:

[www.yogajournal.com](http://www.yogajournal.com)

[www.movingintostillness.com](http://www.movingintostillness.com)

*\*\*This syllabus is subject to change upon the instructor's discretion.*

NAME

SESSION: GOAL: 60 min. or more

DAY	DATE	TIME	Min.	PRANAYAMA/ASANAS	COMMENTS, OBSERVATIONS, QUESTIONS
FRI					
SAT					
SUN					
MON					
TUES					
WED					
THUS					
			TOTAL		
			MIN:		
<b>TIPS:</b>					
* SAFETY FIRST: Do not try something you are not sure how to do.					
* WARM UP: Practice easier asanas before more difficult ones.					
* USE COUNTERPOSES: After deep backbends, do a forward bend like Child's pose to release the back.					
* After shoulderstands (do not practice until taught in class), release the neck with Fish or Downward Facing Dog.					
* BREATHE: Inhale reaching up, lengthening, or opening chest in a back bend.					
* Exhale into forward foldS, twistS, and abdominal work.					
* COOL DOWN: End your practice with Savasana or another resting asana.					

**RESOURCES:**

Yoga For the Joy Of It!

yogajournal.com

movingintostillness.com

# THE ALPHABET OF YOGA ASANAS

From ...



Mountain Pose  
(Tadasana)

**arises**

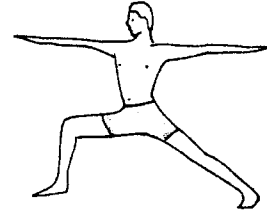
All standing postures and most inversions



Head Stand  
(Sirsasana)



Tree Pose  
(Vrksasana)



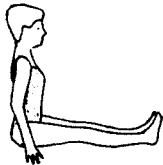
Warrior Pose II  
(Virabhadrasana II)



Hand Stand  
(Adho Mukha Vrksasana)

**arises**

All seated movements, forward bends and twists.



Stick Pose  
(Dandasana)



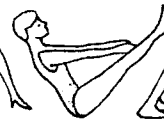
Forward Stretch  
(Uttanasana)



Bound Angle  
(Baddha Konasana)



Marichi I  
(Marichyasana I)



Boat Pose  
(Navasana)



Downward Facing Dog  
(Adho Mukha Svanasana)

**arises**

All prone movements and all back bends



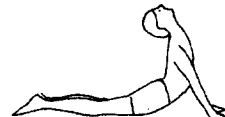
Locust Pose  
(Salabhasana)



Bow Pose  
(Dhanurasana)



Upward Pose  
(Urdhva Dhanurasana)



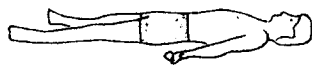
Cobra Pose  
(Bhujangasana)



East Stretch  
(Purvottanasana)

**arises**

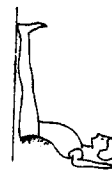
All supine movements and all restorative postures.



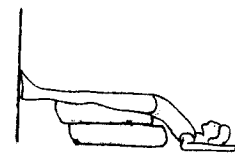
Corpse Pose  
(Savasana)



Breathing Easy



The Great Rejuvenator  
(Viparita Karani)



Supported Bridge  
(Salamba Setu Bandhasana)

**arises**

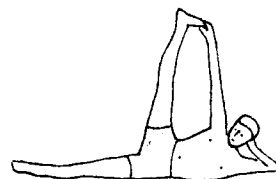
Many lateral movements and movements that do not fit into any other category



Miscellaneous



Twisted Crane  
(Parsva Bakasana)



Couch Pose  
(Anantasana)



Gateway Pose  
(Parighasana)