

Office of Instruction



FALL, 2013-----KIN 351; YOGA SKILIS

Section 29 87 5:10, MW

Section 2988: 5:10m TTH

Instructor: Bev Ostroska, PhD

Welcome to all! I look forward to our class. Please contact me via email if you have any concerns or questions: beverly.ostroska@gmail.com

COURSE SYLLABUS

Hatha Yoga develops skills in (1) mental focusing & awareness, and (2) physical flexibility, toning and strengthening of the body. Students will learn basic yoga asanas (exercises) that develop abilities in each of these areas. Breathing and meditation techniques will also be taught. One of the main goals of the class is to guide students toward deeper understanding and development of these practices which increasingly lead to a keen awareness of the profound relationship and connection of body, mind, and breath.

STUDENT LEARNING OUTCOMES

--Progressive Development of Student Skills in:

- * Performance of yoga asanas and vinyasas (physical exercises and poses)
- * Employment of breathing practices in performance of asanas
- * Utilization of relaxation/stress reduction techniques in class exercises
- * Utilization of mental focusing in class exercises
- * Utilization of meditation techniques in class exercises

WHAT TO WEAR

- * PURCHASE YOUR OWN YOGA MAT! (Only YOU will use it)
- * Bare feet that are clean and odor free
- * Wear shorts, loose pants, leotard, gym-type clothing: **NO JEANS**
- * No perfume or heavily scented lotions
- * sox not advised, but if you must: use skid control soles
- * **Once again, practice yoga on YOUR OWN CLEAN MAT**

CLASSROOM PROTOCOL & RULES

BE ON TIME: IT IS VERY IMPORTANT THAT ALL STUDENTS ARE IN CLASS ON TIME. YOUR GRADE WILL SUFFER IF YOU ARE UNABLE TO ARRIVE ON TIME

RULES/CONT: NO CELL PHONE USAGE DURING CLASS: TURN OFF BEFORE CLASS STARTS. IF ANY STUDENT DOES NOT FOLLOW THIS RULE HE/SHE will be dropped from the class. Bottled water is ok, but no food or soft drinks allowed. No gum chewing in class, it's dangerous to chew gum while exercising. **Be on time for this class. The outside doors will be locked after roll call.**

GRADING POLICY

A: Regular, prompt attendance with excellent progress in class & attendance to all films that will be shown. Outstanding participation in Final Group Presentation (last week of class)
Absences: 3 makeup classes allowed

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B: Regular, prompt attendance with good progress. One film screening may be Missed. Good Contribution to Final Group Presentation (last week of class)
Absences: 4 makeup classes allowed

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C: Regular, prompt attendance with adequate progress. One film screening may be Missed. Acceptable Contribution to Final Group Presentation (last week of class)
Absences: 5 makeup classes allowed

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STUDENT CONDUCT POLICY

All students are expected to follow the "Namaste" spirit of Yoga. The word "Namaste" (pronounced nah-mah-stay) means to honor the spirit within all beings. We may think of the word as representing the unique essence of each person. In our class it is expected everyone honor this Namaste spirit of yoga. If a student chooses to be disrespectful or belittling to anyone other person in class, he or she will be dropped from the class. The atmosphere and effectiveness of Yoga Instruction depends on mutual respect. **Student conduct code 980328 is enforced.**

NOTE

Please do not attend class when ill, especially if you have a sore throat, runny nose, or are coughing or sneezing or if you have any symptoms that could be contagious. Absences due to illness may be made up.

OTHER SITES OF INTEREST

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| Yoga Journal | Monthly magazine available almost everywhere magazines are sold. Great supplement to class room material presented. |
| WLAC Bookstore | The Bookstore sells MATS and other yoga equipment. You can also find INEXPENSIVE MATS at Ross, TJ Maxx, Target, etc. |

LIST OF NAMES OF YOGA POSES AND VINYASA PRACTICES :
ASANA S & VINYASA-POSTURES (ENGLISH & SANSKRIT)

SANSKRIT

ENGLISH

TADA SANA.....	MOUNTAIN POSE
VRIKSHSN ASANA.....	TREE POSE
UTTTAN ASANA	STANDINDG FORWARD FOLD
UTKAT ASANA.....	SITTING IN CHAIR POSEUTTITA
UTITTHAI TRIKON ASANA.....	3 STAGES TRIANGLEFRONT/
PARVRITTA TRIKON ASANA.....	TRIANGLE WITH TORSO /ARM TWISTS
VIRA -VADRSN ASANA.....	WARRIOR 4 STAGES
PARSVA CO-ASANA.....	EXTENDED SIDE LUNG EA. SIDE
ARDYAACHANDR ASANA.....	ONE LEG BALANCE
ADHO MUKH SIVAN ASANAA.....	DOWNWARD FACING DOG
SUYAA- NAMASCAR.....	SUN SALUTATION
PADDATONASANA.....	WIDE LEG STRETCHES
<u>PARIGH ASANA.....</u>	<u>GATE POSE</u>
BALASANA.....	CHILD POSE
BADDAKON ASANA.....	SEATED TWIST
SEU-BANDA ASANA.....	BRIDGE POSE (3 STAGES)
<u>KNEE TO SEAT POSE: ROCK /RELEAS/E TIGHTNESS IN SPINE</u>	
USTRSNAN.....	CAMFL (2 LEVESL)

PASCHIMOTN ASANA.....FORWARD FOLD—CHEST TO FLOOR

PASCHIMO.....ON FLOOR WRISTS W/ARM WT IN PALMS

SAIABASANA.....ARMS, LEGS OFF FLOOR BELLY ON GROUND/S,MAN

BUJUNG ASANASPHINX COBRA, UP DOG, SEAL BACK BENDS

PASCHIMOTTHASAHA.....FWD FOLD: COUNTER POSES TO BACK BEDS

PURVVTTONASANA.....AT WALL CHEST TO SKY, WEIGHT ON ARMS-

SIRSASEN ASANA.....HEAD STAND... OR WALL STAND

SALAMBASANA.....PLOW—PREPS & LOOSENING SPINE

ARDYASMAYTSY ASANA.....FINAL TWISTS ON FLOOR

SIMHASANA.....LION POSE

FINISHING PRANAYAMA.....BRETHING PRACTICES

DEEP RELAXATION

CENTERING OF BODY, MIND, HEART, SPIRIT
MEDITATION

YOGA IS ONE-NESS
SHIVASANA...PEACE TO ALL