FALL, 2013--------KIN 351; YOGA SKILLIS  
Section 2987 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

+

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

+

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

+

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

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.
<table>
<thead>
<tr>
<th>Sanskrit</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>TADA SANA</td>
<td>MOUNTAIN POSE</td>
</tr>
<tr>
<td>VRIKSHSN ASANA</td>
<td>TREE POSE</td>
</tr>
<tr>
<td>UTTTAN ASANA</td>
<td>STANDING FORWARD FOLD</td>
</tr>
<tr>
<td>UTKAT ASANA</td>
<td>SITTING IN CHAIR POSE</td>
</tr>
<tr>
<td>UTTITTHAI TRIKON ASANA</td>
<td>3 STAGES TRIANGLE FRONT</td>
</tr>
<tr>
<td>PARVRITTA TRIKON ASANA</td>
<td>TRIANGLE WITH TORSO / ARM TWISTS</td>
</tr>
<tr>
<td>VIRA - VADRSN ASANA</td>
<td>WARRIOR 4 STAGES</td>
</tr>
<tr>
<td>PARSVA CO-ASANAV</td>
<td>EXTENDED SIDE LUNG EA. SIDE</td>
</tr>
<tr>
<td>ARDYAACHANDR ASANA</td>
<td>ONE LEG BALANCE</td>
</tr>
<tr>
<td>ADHO MUKH SIVAN ASANAA</td>
<td>DOWNWARD FACING DOG</td>
</tr>
<tr>
<td>SUYAA- NAMASCAR</td>
<td>SUN SALUTATION</td>
</tr>
<tr>
<td>PADDATONASANA</td>
<td>WIDE LEG STRETCHES</td>
</tr>
<tr>
<td>PARIGH ASANA</td>
<td>GATE POSE</td>
</tr>
<tr>
<td>BALASANA</td>
<td>CHILD POSE</td>
</tr>
<tr>
<td>BADDAKON ASANA</td>
<td>SEATED TWIST</td>
</tr>
<tr>
<td>SEU-BANDA ASANA</td>
<td>BRIDGE POSE (3 STAGES)</td>
</tr>
<tr>
<td>USTRSNAN</td>
<td>2 LEVELS</td>
</tr>
</tbody>
</table>

**KNEE TO SEAT POSE: ROCK / RELEASE / TIGHTNESS IN SPINE**
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 ASANA .....................SPHINX 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