

West LA College, Fall 2014
Kin 351 –Yoga Skills, Section 2689
Tues Thurs 11:10am-12:35pm, Room FA 104

Instructor: Shyamala Moorty

School Website: www.wlac.edu

Office hours: Wed 11am-11:30am (outside FA 104) Thurs 12:35-1pm (FA 104)

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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), meditation, and guided visualizations.

Student Objectives:

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

- *Demonstrate proper Ujjai breathing techniques 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: Students should wear stretchy clothes which fit snugly so that proper corrections may be given. Leggings and sweat pants, are appropriate. No jeans, skirts, or short shorts. Remove shoes and socks. *Please: no loose jewelry, hair, or baggy clothes!*

Props: Students may wish to bring their own Yoga mat, blanket/towel, blocks, and/or strap -which can make certain asanas (poses) more comfortable or safe. 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 or www.jadeyoga.com. If you have sensitive knees, bring knee pads or double stack your mats, rather than getting a thicker mat which makes balancing more challenging).

Touch: in order to assist students with alignment, and proper execution of the asanas the instructor may give the 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 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.
- *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, drinks and gum outside –except water.
- *Your body is your temple:* Take care of your “instrument” 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 than comparing yourself with other students, 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 hour.*

Grading: 0-100 points

Grading Scale: 100-90: A 89-80: B 79-70: C 69-60: D 69-0: 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. Every student starts with the full 60 points and receives two free absences. After that, each absence will cost the student 2 points. Students will lose 1 point for each late arrival or early departure. Students should enter quietly if late; and, for safety purposes, students who arrive more than 15-minutes late will not be permitted to participate. Students that are tardy, injured or ill and NOT CONTAGIOUS, are expected to inform the instructor, watch 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 4 classes can be made up by taking another yoga class (with that instructor's permission). You should write a summary of what you did in the make-up class, noting similarities and differences from your regular class and verifying the time and date of the make-up with that instructor's signature. Make up classes as soon as possible after the missed date.

Midterm: Sun-Salutation and Yoga Philosophy - 12 points

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

Students will perform and/or identify the correct order, benefits, breathing, and alignment of the Sun Salutation/Surya Namaskar with appropriate modifications for their own physical ability. More guidelines will be given in class. Makes-ups only given with proof of medical emergency.

Research project: Asana/Pranayama Research and Teaching - 12 points

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

Students will research one asana/pose to understand the benefits, know how to align their bodies for safety, and will teach the pose to a small group of their peers. Research is typed and handed in at the beginning of the class that it is due. More guidelines will be given in class. Part of this project is an in-class group experience, so make-ups are not possible.

Final Project: Developing A Home Practice - 16 points

"It is good to have an end to journey towards, but it is the journey that matters in the end." –Ursula le Guin

Students will develop and present their own home practice with a small group of peers. The practice should be typed and handed in at the beginning of the class that it is due. More guidelines will be given in class. This is an in-class group experience, so make-ups are not possible.

Class Calendar:

Sept 1: Labor Day Holidays

Sept 12: last day to audit/add in person, to drop w/o a fee or a W, and to file for pass/no pass

Oct 2 (thurs): Midterm: Sun Salutations and Yoga philosophy

Nov 11: Veteran's Day Holiday

Nov 13 (thurs): Research: Asana/Pranayama research and group project

Nov 27-30: Thanksgiving Holiday

Nov 21: Last day to drop with a W

Dec 9 +11: Final Project presentations