

West Los Angeles College, Yoga
Fall 2013
Instructor: Jamie Carbetta Hammond
Email: pilateswithJamie@yahoo.com
Blog :<http://studiopilateswithjamie.blogspot.com>

Recommended reading:

Eric Shiffman, [Yoga: The Spirit and Practice of Moving into Stillness, www.movingintostillness.com](http://www.movingintostillness.com)

For further reading recommendations, please see my blog

Course Description: An introduction to the ancient practice of yoga, focusing on asanas (yoga postures) and diaphragmatic breathing, leading to improved health and greater mind and body awareness.

Course Objectives:

- *To perform beginning level asanas with grace and ease, coordinating breath and movement
- *To demonstrate proper technique and body alignment for standing, balancing, seated, supine and prone poses and for inversions and twists
- *To increase flexibility, strength and range of motion in the joints
- *To identify and define terminology specific to the practice of yoga

Attire: Wear comfortable clothing. The instructor needs to be able to see the student's body clearly, so don't overdo it please. Yoga is performed with bare feet. Long hair must be fastened securely off the face and neck. No dangling or noisy jewelry.

Towels, Food, Mat, Water: You may bring your own mat or towel. It is best not to eat a heavy meal 2 hours before class. Please bring your own water.

Etiquette: **IF you do not follow these rule, then you will lose participation points and lower your grade:**

- 1. Turn off cell phones and leave them with your other belongings. NO CELL PHONES ON THE MATS!!!!**
- 2. Enter and exit the room quietly.**
- 3. If you will be more than 5 minutes late, then please attend a later class or a class at a different time. If you need to leave early, you must inform me BEFORE the class begins and leave before savasana.**
- 4. Be courteous to your classmates by being attentive during class.**

EVALUATION:

Attendance/Participation=50%

Journal=25%

Practical Final=25%

Attendance/Active Participation:

Attending class is the most important part of your grade. Your grade for this portion of the class will be as follows:

0-2 absences=A

3-4 absences=B

5-6 C

6-7 D

Making up a missed class: You may make up an absence by attending another activity class and returning a form signed by the instructor. A limit of three classes may be made up through attendance at another class and only with the approval of the instructor of record for that class. **Attention: No Make-ups will be allowed during the last week of the session!!**

Practical Final: Performing poses learned in class as a group. A study guide will be given.

Journal: The journal has 2 parts-your own home practice and also answering questions that I provide in class. For your own practice, record the date and what you did (can be meditation, savasana, pranayama and/or asanas.) The questions will be open-ended reflections about your experience in the class. The journal can be handwritten or typed. The journal questions will be posted on my blog. I also have yoga information on my blog as well (so some of the answers will be on the blog too!).

Extra Credit: Take a YOGA class with another teacher and write a 1 ½ -2 page paper about your experience. Please check schedule for other class times.

