



**West LA College, FALL 2013  
Kin 251 –Yoga Skills, Section 2676  
Tues Thurs 9:55-11am, Room FA 104**

**Instructor: Shyamala Moorty**                      **School Website: [www.wlac.edu](http://www.wlac.edu)**

**Office hours:** Tuesdays 11:10am-11:30am, outside 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 their own personalized yoga sequences with 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](http://www.matsmatsmats.com) or [www.jadeyoga.com](http://www.jadeyoga.com). Mats made of natural rubber or other renewable/recyclable resources are preferred. If you have sensitive knees bring knee pads or double your mats (this is better than getting a thicker mat which makes balancing more challenging).

***Touch:*** in order to assist students with alignment, and proper or deeper 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 biggest part of this class. Every student starts with the full 60 points. Students get 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 2 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.

## Midterm 1. Sun-Salutation and reflection: 10 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.

## Midterm 2. Asana/Pranayama Research and reflection: 10 point

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

Students will research one yoga sutra and one asana/pose to understand the benefits, know how to align their bodies for safety, and be able to teach the pose to their peers. More guidelines will be given in class. Makes-ups only given with proof of medical emergency.

## Final Project: 20 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 their own 10-minute yoga sequence of asanas and present it to a small group in class. This yoga sequence should support the student's personal goals, and follow class guidelines - which will be given out in class. On time draft is worth 5 points, written final is worth 5 points, and teaching to your peers is worth 10 points. Makes-ups only given with proof of medical emergency.

**Class Calendar:**

Sept 6: last day to audit/add in person, last day to drop w/o a fee or a W, and to file for pass/no pass

Nov 15: last day to drop with a W

Thurs Sept 26: Midterm 1. Sun Salutes and reflection

Tues Oct 29 and 31: Midterm 2. Asana/Pranayama research and reflection

Tues Nov 26: draft due of yoga final at the beginning of class

Thurs Nov 28: no class, Thanksgiving (school closed Nov 28-Dec 1) Thurs Dec 5: Final Project due at beginning of class, class participation is part of final.