

# PED 138

## INTRO TO YOGA

### OVERVIEW:

This is an introductory level course to the practice of yoga with emphasis on flow and energy. The fundamentals of yoga practice, including meditation and breathing techniques, basic yoga postures (Asanas) and basic flow sequences (Vinyasa) will be the focus. Students will also be introduced to social-emotional learning, self-regulation, stress release, and self-observation without judgment, with some self-exploration. The Yoga practice is based on the the Hatha-Raja discipline.

No prerequisites

### GOALS:

After completing this Introductory Yoga course, students should be able to:

- Work within their own comfort level and pace.
- Identify and do various asanas (postures) using hatha yoga
- Learn breathing techniques.
- Improve strength, flexibility and the sense of well-being.
- Increase relaxation of body and soul.
- Comfortably use the techniques in life

### REQUIREMENTS:

Students are asked to bring a Yoga mat for the exercise part of class.

Except for emergencies, no cell phones and NO TEXTING.

Students will commit to a reasonable amount of time outside of class to practice what they are learning.

Students will submit a log of their practice on a regular basis.

Journal questions will be provided each week to assist in the understanding of the material and the self inquiry which is part of the practice; this is the private domain of the student and is never handed in or shown in class. However one's realizations from this inner work may be helpful in the general discussions.

Group discussions are important, and participation is important; it is through the sharing of ideas and the willingness to listen and/ also be heard that one develops understanding and compassion for others and one's self as well.

Assignments will be given with reasonable time for their completion and returned within reasonable time.

It is requested that students come with an open mind, a thirst for knowledge and a desire to enjoy themselves

FALL 2019

M/W – 5:30 - 6:50 PM

MALONE YMCA

*Instructor: Michele "Cheley" Frazier*

*E-Mail: mfrazier@nccc.edu*

*Phone: 315-491-6396*

*Office Hours:*

*Before and after class as needed or by appointment*

### MATERIALS

- APPAREL:
  - Loose fitting clothes that do not restrict movement, no shoes.
- JOURNAL
- YOGA MAT

### OPTIONAL:

Strap, block, water bottle

### ATTENDANCE:

Students are allowed one absence per semester. After this every two absences will deduct a half a grade from their attendance and participation grade.

### MAKE UP WORK:

If there is an appropriate need to miss class, make up classes may be arranged, each situation will be evaluated individually.

### EVALUATION

A grade in this course will be determined by several mechanisms. One would include physical demonstrations, reading/writing assignments such as; completion of a journal and appropriately designed exams.

- Attendance 30%
- Participation & Effort 30%
- Asana & Vinyasa demonstration 30%
- Journal & Writing Assignments 10%
  - A = 90 – 100%
  - B = 80 – 89%
  - C = 70 – 79%
  - D = 60 – 69%
  - F = 0 – 59%

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### INSTRUCTIONAL MATERIALS AND METHODS TYPES OF COURSE MATERIALS:

Instructor's hand-outs and reading assignments will be provided.

### OPTIONAL:

The Yoga Sutras of Patanjali (Translated and introduced by Alistar Shearer)

### METHODS OF INSTRUCTION (E.G. LECTURE, LAB, SEMINAR ...):

Lecture, discussions, demonstrations, and active physical participation in activity.

### COURSE CALENDAR:

Each class will incorporate breathing and meditation to clear the mind, warm up and core connected movement to prepare the body and will introduce or review 5-8 postures (asanas) or sequences (vinyasas) as listed below. Students are encouraged to practice what they are shown in class at home for 5-15 minutes per day.

1. Weeks One - Two: Basic yoga asanas, breathing techniques and relaxation exercises.
2. Weeks Three - Five: Continuation of learning asanas, breathing techniques, and relaxation exercises.
3. Weeks Six and Seven - Instructions for final yoga routine will be distributed to students. Continuation of learning more advanced asanas, breathing techniques, relaxation exercises and meditation. Yoga final routine is due during next to last week of semester.

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### LATENESS POLICY & SPECIAL REQUIREMENTS:

Due to the sequential nature of the class and in order to prevent strain or injury, students should allow sufficient time to change and set up their mats so that they may begin class promptly.

Attendance will be taken at the beginning of class. Students arriving after attendance has been taken must see the instructor after class to be marked present and late.

If the student does not see the instructor they will be marked absent.

Two late classes will count as an absence. It is advisable for students to purchase their own Yoga mats to bring with them to class and for use at home.

For ease of movement and safety students should wear comfortable clothes no jeans, and remove bulky jewelry. It is best not to eat at least one hour before practicing Yoga postures