

# SYLLABUS

Irvine Valley College | Yoga | Spring 2018

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Yoga & Stress Management	DNCE 45	#65620A	2 units	M+W	8:00a-9:50a	PE 160
Raja Yoga: Hatha Yoga	DNCE 47	#65620D	2 units	M+W	8:00a-9:50a	PE 160

**Dnce 45** *Designed for all students who want to learn to reduce the effect of stress on the mind, body and spirit through yoga and related techniques.*

**Dnce 47** *Investigates and provides practice of Hatha yoga principles as part of Raja Yoga. Emphasizes physical postures (asana) and associated breathing techniques promoting wellness. For dancers and non-dancers.*

**STUDENT LEARNING OBJECTIVES** Upon completion the student will be able to:

**Dnce 45** Identify the various theories of stress.

**Dnce 47** Identify, analyze, and discuss the philosophical principles of Hatha Yoga

## CLASS POLICIES

- Leave valuables at home
- Be on time, appropriately dressed, ready to work by class start-time
- No cell phone use unless directed and approved by instructors.
- Bring Notebook, Paper, Pencil/Pen to every class
- NO GUM, FOOD OR OPEN DRINK ALLOWED IN STUDIO
- Bring a water bottle with a “sipper tip” or “pop-top” (not a twist cap, which could cause spilling)
- DRESS POLICY: If necessary, change in locker room prior to class
  - a) Layered dancewear or fitness / yoga clothes that allow for full body movement
  - b) No street clothes - especially no jeans, dresses or nylons
  - c) Bare feet (socks may be worn at times); No tennis shoes or dance shoes
  - d) Secure hair out of your face; No dangling jewelry
- Bring large and small towel(s) to each class if needed
- If leaving class early do so before we start the final relaxation pose or Savasana
- Do not use body lotions, perfumes, or oils on your skin prior to class. They deteriorate the mats.
- Part of movement training includes physically adjusting bone alignment. If you are uncomfortable with this, please make arrangements with me privately so that you can get feedback within your comfort zone.

## REQUIRED TEXTBOOK

Sivananda Yoga Vedanta Centre, *YOGA Mind and Body*, DK Publishing, 2008

## OTHER SUGGESTED TEXTBOOKS

Davis, M., Robbins-Eshelman, E., McKay, M., *The Relaxation and Stress Reduction Workbook*

(New Harbinger Self-Help Workbook), 6th Ed. New Harbinger Publications, 2008

Kaminoff, Leslie & Matthews, Amy, *YOGA Anatomy*, 2nd Ed., Human Kinetics, 2007

Sovik, Rolf, *Moving Inward; The Journey to Meditation*, Himalayan Institute Press, 2005

# GRADING

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**Letter Grade or Pass / No Pass Option** If you decide to take the P/NP option, file a form with Admissions by **FEB 21**. In my class the requirements for the two types of grading are the same. The P/NP option does not affect your grade point average and allows units if your work is "C" quality or better.

**Dropping** It's your responsibility to officially drop if you stop attending class. However, a teacher may drop a student after 3 consecutive absences or after 6 absences. The privilege of class re-entry will be on an individual basis.

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## 1) PARTICIPATION (Includes attendance) (30 Pts)

- To qualify for an "A" in participation—only 2 absences allowed
- Any class missed is an absence. Doctor's notes will not excuse an absence.
- If not feeling well enough to participate, sit-out, actively observe & turn in the "Class Observation Form".
- Arriving after class begins or leaving early is considered late and is one tardy. Arriving more than 30 minutes late or leaving more than 30 minutes early is two (2) tardies. Three (3) tardies equal one absence.
- Consistent lateness or leaving early may result in a failing grade.
- Two make-ups allowed if done within 3 weeks of the absence.
  - a) Obtain a "Class Observation Form" from me
  - b) Visit another dance or body conditioning class with that instructor's permission
  - c) At the end of the class ask the instructor to sign the "Class Observation Form"
  - d) Return filled-in and signed "Class Observation/Make up Form" to me
- Report injuries to me in order to discuss modifications & the advisability of continuing in the class
- If late, do a warm-up first on the side towards the back of the room
- If you stop attending, it is your responsibility to drop the class before the deadline: **WED-APR 11**

## 2) CLASS INVOLVEMENT (20 Pts) requires:

- Consistency of effort & attitude
- Completion of class assignments.
- Wearing proper clothing
- Being punctual and remaining for the entire class. Use restroom when necessary. What is covered in the lecture component must be heard, seen, and absorbed by being in class. Yoga skills are achieved with consistent participation and focused work.
- Asana (Pose) demonstration indicating an understanding of the concepts presented
- Improvement in areas of course objectives

## 3) ASSIGNMENTS (20 Pts) • Two Written assignments TBA

## 4) FINALS (30 Pts) • Written Mon-May 7 • Demo assessment on terms & postures Mon & Wed-May 21 & 23

### EXTRA CREDIT

Gratitude or Class Experience Journal, Attending the IVC dance concert (F-MAY 4 + Sat-MAY 5 @ 8pm), Additional Assignments, Etc.

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### Point Spread for LETTER GRADE and PASS / NO PASS

30—PARTICIPATION

20—ASSIGNMENTS

20—CLASS INVOLVEMENT

30—FINALS

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