Course Description
This class is designed for students of dance to investigate and grow their own strength, flexibility, range of motion, balance, and to learn experientially about anatomy in ways that can interface with and prepare for technique classes. Each yoga class will include a strong physical practice with an emphasis on breath and mobility. Time will also be dedicated each class for integration and reflection. This class is a place to practice, prepare, and integrate!

Objectives
- Sense own physical strengths and limitations, and make choices accordingly
- Increase power and mobility with awareness
- Practice moving self and attention
- Bring dynamic attention to stillness and slow movements
- Notice/Sense the effects globally on local adjustments
- Extend understanding of anatomy (through movement, touch, verbal and visual cues) to further refine efficiency of movement and access greater range of motion, articulation, and movement quality
- Integrate information from class to develop a personal warm up/practice beyond this course
- Assimilate instruction from class as well as work independently when appropriate

Requirements
- Regular attendance and promptness!!! Class will begin at 9:00.
- Attentive presence and participation in the class
- Completion of weekly Online practices and Responses
  - [http://www.yogajournal.com/video/](http://www.yogajournal.com/video/) (or otherwise posted on blackboard)
  - [http://www.yogatoday.com/videos/this_weeks_free_video](http://www.yogatoday.com/videos/this_weeks_free_video)
  - [http://marc.ucla.edu/body.cfm?id=22](http://marc.ucla.edu/body.cfm?id=22)

Weekly Online practices and Responses
This class meets only 50 minutes twice a week. An additional yoga and meditation practice (ideally on Friday) is required. This additional class will create enough
consistency to have a much richer experience of practicing (twice is really not enough) AND this extra class will encourage a personal dedication to practicing which is so important with yoga. “Yoga Journal” has a website that offers free online classes. It is an excellent resource with great teachers and information. Choose a time in the week when you can regularly set up a computer and have a practice with the online teachers. You may choose to coordinate with classmates to practice together each week. Each week you can choose the online class according to your teacher preferences, interests and needs. In addition to the asana practice, each week students will also listen to a short guided meditation.

**Written Response**

After each weekly online practice, do a brief writing following the prompts below. (This should be neatly written on an index card.)

1. Your Name
2. One cue from the yoga teacher you would like to remember. *This should be in your own words, and should reflect your understanding of what you heard.*
3. One thing you would like to remember about the guided meditation. This could be something the teacher said or something you experienced.

**Grading:**

- **Attendance and Participation** 75%
- **NOTE:** Attendance, promptness and active participation in class are requirements…more than 2 unexcused absences will affect your grade, but your grade is based on HOW you are in class, not simply that you are in class. Factors in daily participation portion of your grade include: Promptness, quality of attention during class, ability to engage with class objectives listed above.

- **Reading/Viewing Responses** 25%

**Course Policies:**

**Attendance**

This class meets twice a week for one hour only. 2 Absences are allowed for sick days. Each absence beyond these 2, no matter what the excuse, will result in lowering the final grade 1/3 of step, i.e., A to A-. It is likely you will need them at some point during the semester, they are not for days you simple don’t feel like coming. SAVE THESE EXCUSED DAYS FOR WHEN THEY ARE NEEDED.

Part of this practice is figuring how to participate each day. You may make adjustments in how you are participating. You should never have to “sit out.”

During class time (9:00-9:50) refrain from using cell phones and computers- leave your technology at the door (turned off.)

Situations such as serious illness, long-term injury, or family emergencies may be dealt with *immediately* on an individual basis. In some cases, students will be given an Incomplete to be made up within the next semester. In other cases, I may recommend
withdrawal from the course. If you stop attending the course without following procedure you will receive a “U” which calculates as an “F”.

**Attire**
Wear comfortable, relatively loose fitting clothing (but not excessively baggy in a way that obscures view of alignment.)

Students may choose to use a yoga mat, I do highly recommend this, but it is optional. They are sold everywhere from Walmart to Whole Foods. Mat’s may be stored in the closet in ENS 200.

**My posted office hours for this semester are:**
Monday 10:30-12:30
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Or by appointment