

## **CALIFORNIA STATE UNIVERSITY NORTHRIDGE HATHA YOGA**

Instructor: Victoria Nichols Semester: Spring 2008. Course: Hatha Yoga.

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Course #: KIN 149; Ticket # 13116, 13117, 13491, 13490, 13664.

Office hours: M 1:45-2:00 & 3:45, T 2:45-3:00 & 4:45 pm, Th 4:45, in B1  
KN 263: by appointment.

Class times: M. 12-1:40 pm & 2-3:40 pm, T. 1-2:50 & 3-4:40 pm, T. 3-4:40 pm

**CLASS DESCRIPTION:** The practice of Hatha Yoga is a study of the self. The physical and philosophical teachings of Yoga will be presented through demonstration, discussion and practices to enhance strength and flexibility, improve breathing, concentration, health and understanding of the self.

### **COURSE OBJECTIVES:**

At the conclusion of the course, the student will:

1. Define and understand basic philosophical principles of Hatha Yoga
2. Demonstrate proper alignment fundamentals of Yoga poses
3. Acquire the skills to develop a home practice
4. Recognize and control self-defeating behavior

### **COURSE OUTLINE:**

I. Introduction to Philosophy in relationship to the physical practice:

- A. Patanjali's eight limbs (*ashtanga*) of Yoga.
- B. The five subtle bodies (*koshas*) of the individual.
- C. Principles of unifying body/mind (*gunas*)

II. Development of awareness and concentration in movement and stillness:

- A. Introduction to basic *asanas* and breath awareness
- B. Breathing techniques (*pranayama*)
- C. Introduction of meditation techniques

**REQUIRED TEXTBOOK** available in the bookstore:

Divine Play Book, course pack, by Victoria Nichols

**Recommended:** Yoga the Iyengar way; the new definitive illustrated guide, by Mehta

### **EQUIPMENT:**

- Comfortable clothing, which will not limit or prevent movement.
- Sticky mat, cotton or wool blanket.
- Colored pencils

## REQUIREMENTS:

Students and teachers have an obligation to each other. To do well in class and earn a grade that reflects the divine being that you are, simply make a commitment to do the work. I have absolute faith that this journey will offer you the skills to effectively manage your life! See You In Class.

I. Complete Student Contract Agreement:

II. This is what I expect from students:

- \* Attendance and active participation in asana practice and class discussions,  
**A absence is an absence, grade will be lowered because of non-attendance.**
- \* Two make-ups allowed, providing the make-up is in one of my classes and the same week you miss the class.
- \* Be prepared for class. Excuses are unacceptable for failure to follow through on course requirements.
- \* Enter the room quietly, place your belongings against the wall.
- \* If you do not understand something, ASK me during class, NOT another student. There are no "dumb" questions, everyone will benefit.
- \* No gum chewing, heavy perfumes or colognes. Turn cell phones off.
- \* If you arrive after roll is taken you will be marked absent. It is your responsibility, to let me know after class, that you were in class.
- \* You are responsible for the outcome of your actions -- good and bad.
- \* Your perception of effort, by itself, is not enough to justify an A.

III. Here is what students can expect from me:

- \* I will learn your name and make every effort to work with you in class.
- \* Out of respect for the practice & you , I will begin and end class on time.
- \* If I do not know something, I will say so.
- \* I will keep records of your attendance, performance, and progress.
- \* I will make myself available to you for advising.
- \* I will be honest with you.

**Print your name after you have read the above requirements and turn in.**

**PRINT your name** \_\_\_\_\_

**Class day & time** \_\_\_\_\_

**GRADING:** Your grade will reflect the quality of your work and nothing else. I am interested in your feedback about the class, but I am more interested in what you learned than how you feel.

Class attendance = **50 points**, final exam 50 = **points**;  
physical portion of final = **25 points**, written portion of final = **25 points\***.

**\* THE DIVINE PLAY BOOK IS YOUR WRITTEN FINAL EXAM. IT IS A TAKE HOME FINAL TO BE WORKED ON THROUGHOUT THE SEMESTER AND DUE THE WEEK OF 4/22 (Tues), THE DAY OF YOUR SCHEDULED CLASS. FIVE POINTS WILL BE DEDUCTED FOR EACH DAY IT IS LATE. THEY ARE NOT TO BE EMAILED OR LEFT IN KN OFFICE.**

The self-study aspect of Yoga is a reflective process and addressed in The Divine Playbook. Your home practice of Yoga includes practice of a pose and reflection exercises. Each week's lesson provides a theme for the week you will record your observations in the book. The questions and exercises are meant to be thought provoking. Writing and art exercises are merely forms of non-verbal expression to help you access the sub-conscious mind and become more aware of your underlying tendencies. The Divine Play Book is a journal and does not require any artistic or writing ability. Your final grade is not determined by a right or wrong answer, just do the exercises, and practice the pose. You will not be judged for being honest, this is about YOU !

#### **GRADES ARE BASED ON 100 POINTS**

A	96-100 points	C+	71-75 points
A-	91-95 points	C	66-70 points
B+	86-90 points	D	61-65 points
B	81-85 points	F	below 60 points
B-	76-80 points		*CR needs 70 points;

\* add the written or physical part of final to guarantee the 70 pts.

#### **HELPFUL HINTS:**

Do not eat 2 hours prior to class. A piece of fruit or juice is OK.

If you have some physical limitation or injury, let me know before class so that I can help you with modifications during class. Inversions (asanas that raise the hips over the head) should not be practiced by women on their menstrual cycle, as an alternative practice child's pose.

