

KIN 149 – YOGA
Spring 2008

Instructor: Lilia Kibarska

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Office Hours: TBD, Room 279

COURSE DESCRIPTION

This course focuses on the study of yoga, its history and philosophy, postures (asanas), and breathing techniques that improve both the physical and mental states of the practitioner. The practice of yoga leads to improvement of body awareness, strength, flexibility, balance, mental stability, general health, and balance in all areas of the human existence.

COURSE OBJECTIVES

At the end of the semester the student should be able to:

1. Explain the basic philosophy of yoga.
2. Demonstrate knowledge of basic yoga asanas and breathing techniques.
3. Exhibit improvement of flexibility, strength, coordination, and proper body alignment.

COURSE OUTLINE

1. Brief history of Yoga
2. Introduction to the eight limbs of Yoga.
3. Description and practice of basic Yoga postures (asanas) and their modified versions.
4. Practice of Vinyasa (flow sequences).
5. Practice of breathing techniques.
6. Discussion of the energy centers (charkas).
7. Exploration of meditation techniques.

REQUIRED TEXTBOOK

Yoga the Iyengar Way, by Silva, Mira, & Shyam Mehta.

GRADING

Two quizzes – 10 each

Final exam – physical 30, written 10

Written assignment – 20

Attitude and active engagement in activities and discussions – 20

Grading Scale:

A 93-100	C 73-79
A- 90-92	C- 70-72
B+ 87-89	D+ 67-69
B 83-86	D 63-66
B- 80-82	D- 60-62
C+ 77-79	F <60

POLICY ON ATTENDANCE

Three missed classes are permitted with no effect on the final grade.

Four missed classes will lower your grade with one full letter.

Five missed classes will lower your grade with two full letters.

Six missed classes will lower your grade with three full letters.

Students who have missed seven classes will receive a failing grade.

Students who arrive 15 min. after the beginning of class will not receive credit for that class period.

Three tardies equal one absence. (Tardiness – arriving after class has started.)

No matter what the circumstance is, if you don't show up to class you will be marked absent. You are allowed only two make-ups up until the 11th week of classes.

DRESS CODE, EQUIPMENT, AND ETIQUETTE

Wear loose or stretchy clothing that is comfortable to move in. Bring your own yoga mat and a towel if the mat is new and slippery. Try to avoid eating for at least two hours before yoga practice. PLEASE, TURN OFF YOUR CELL PHONES.

Enjoy your semester!!!!