

## PDP MB 110 Vinyasa Yoga

Instructor: Evalyn Mehta

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Meets twice per week: 1.0 Credit

### Course Description:

Often called "Flow" yoga, Vinyasa Yoga links breath and movement while "flowing" through a series of poses. These classes will move through poses more quickly than Hatha Yoga, but are less strenuous than Power Yoga. Classes will work to improve strength, flexibility and balance while promoting relaxation and stress release.

### Required Equipment:

Yoga mats will be provided, but you may bring your own if you prefer. I encourage you to wear loose, comfortable clothing.

### Course Goals:

By the end of this course, students should:

- Know sun salutations A, B, and C
- Have a basic knowledge of Sanskrit terminology for poses
- Have an understanding of Bhava or "Feeling Mind", integration, and energetic alignment—vital components in Vinyasa Flow.

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% attendance

W – Withdraw: If you drop this class after the Registrar's drop deadline, you will receive a "W" grade.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with the instructor to do so within the following semester. Your grade will be changed to a "P" once all classes have been made up.

AU – Audit: If you intend to audit this class, please fill out and obtain your instructor's signature for the Class Adjustment/AU form and turn it into the Registrar's Office by the specified deadline.

F – Fail: It is very unlikely that you will receive a failing grade. Your instructor will be happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances, such as violating the BU Student Code of Conduct.

### Attendance Policy:

All Mind/Body classes have the same attendance policy. Classes are graded primarily on attendance and learning is cumulative, so it is important that you attend each class. You will need an 85% attendance record to receive a passing grade.

- If your class meets once a week, you are allowed 2 absences.

- If your class meets twice a week, you are allowed **4** absences.
- If your class meets three times a week, you are allowed **6** absences.

At the instructor's discretion, one additional absence for illness or family emergencies may be granted; the student must receive the instructor's approval in writing before the end of the semester.

**Make-Up Policy:**

Mind/Body classes may be made up by attending other Mind/Body classes. Please email your instructor and Ramelle Adams at [rfadams@bu.edu](mailto:rfadams@bu.edu) before attending a make-up class. This is to ensure that there is space in the class and to alert the instructor that they will be having a make-up student. If no Mind/Body classes fit in your schedule, you must get permission from your instructor for an alternate make-up.

It is recommended that students make up the class within two weeks of the absence. Make-up slips may be obtained at the PERD office on the second floor of FitRec. They must be signed by the instructor of the make-up class and turned into either your instructor or the PERD office.

You are responsible for keeping track of your attendance record and making up any missed classes.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule**

<b>Weeks 1 -3</b>	“Building blocks” of a flow movement class; moving smoothly from one pose to the next—Warm-ups, Sun salutations, Warrior sequence I and II, easy twists; a standing balance, floor work including core strengthening, bridge pose and guided breath work. Assessment of the class' comfort level with the poses.
<b>Weeks 4-6</b>	Building on first three week's work; breaking down structure of core movements; exploring what, you, the student, need to strengthen your yoga practice. Core strengthening work and adding in hip openers; i.e., standing lunges. We will be adding in another standing balance in the sequence. More guided breath work will be included. We will build on the sequence each week to increase comfort, flexibility and strength.
<b>Weeks 7-9</b>	Emphasis on forward bending postures, back bending postures and introducing structure of arm balances; i.e., crow and side crow. Breath work and introduction to hand mudras for meditation purposes. Introducing meditation.
<b>Weeks 10-12</b>	Refresher on “Building blocks of a flow practice with the addition of standing and seated twists; deeper lunge poses; more shoulder strengthening and arm balance work. Practicing forward and back bending postures. Breath work and intro to meditation.
<b>Weeks 13-14</b>	Putting it all together in creative and sustainable flow practices.