

PDP MB 112 Mysore Style Yoga

Instructor: Sharon Cardamone

Email: <mailto:sharonca@bu.edu>

Meets once per week: 1 Credit

Course Description:

Mysore Style Yoga is the traditional way of practicing Ashtanga Yoga, named after the city in India where the method was developed. At the beginning of the course, students will review the warm-up and finishing postures of the Primary Series, then each student is taught additional postures according to their level of ability, through one-on-one instruction. As students gain strength, flexibility, and focus, more poses are gradually added onto their sequence in a step-by-step process, allowing time to practice and memorize the sequence. Students are then able to practice independently, at their own pace, assisted individually by the teacher and surrounded by the inspiration and energy of the group.

Required Equipment:

Students should wear comfortable clothing that is non-binding to provide ease of movement.

Course Goals:

Students will learn and memorize the sequence of the Primary Series of Ashtanga Yoga so that they can practice in the traditional Ashtanga method, Mysore-style, which means practicing the series independently and at their own pace. According to their ability, some students may also learn part of the Second Series of Ashtanga yoga.

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:

This class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You are allowed 2 absences. If you have more than 2 absences, you will need to arrange to make up the classes you have missed.

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 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.

Please contact Instructor, if you plan on attending a section of class so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed

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).

Schedule

Week 1	Introductory history and philosophy of the ashtanga yoga method. Review and practice Surya Namaskar A and B, standing warm-up postures, and finishing postures of the Primary Series.
Week 2	Review and practice Surya Namaskar A and B, standing warm-up postures, and finishing postures
Week 3	Mysore style practice (independent, self-lead practice assisted by the instructor).
Week 4	Mysore style practice and pranayama.
Week 5	Mysore style practice and pranayama
Week 6	Mysore style practice
Week 7	Mysore style practice and introduction to the Second Series
Week 8	Mysore style practice
Week 9	Mysore style practice
Week 10	Mysore style practice
Week 11	Mysore style practice
Week 12	Mysore style practice
Week 13	Mysore style practice
Week 14	Mysore style practice