

PDP MB 201 Low-Intermediate Hatha Yoga

Instructor: Barbara Feldman or Summer Strange-Lee

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Meets once per week: 1.0 Credit

Course Description:

Hatha Yoga is an ancient system of discipline involving techniques, evolved over centuries, designed to bring the Body-Mind into harmony. Through physical postures and awareness training, health, clarity and tranquility are gradually developed.

In Preparation for Yoga Practice:

1. Check with your doctor for approval to practice Yoga if you have a health condition. Also, be sure to inform teacher of this personally.
2. Do not eat (a large meal) within 3-4 hours of practicing. Wait about an hour after a snack. (Juice, fruit or tea is okay).
3. A warm shower/bath before Yoga will help relax you.
4. Wear clothing that is loose and comfortable, that you can move in easily (no jeans or belts, please). Leotards and tights, loose T-shirts and shorts, or sweat pants are recommended. Do not cover feet, as mats are slippery. Be prepared for cool temperatures at times.
5. It is best not to have jewelry on during Yoga, especially if it is tight or noisy. (Be careful not to leave it in class). Do not leave anything of value in your bag outside the classroom.
6. NO hats or gum chewing, please.
7. Cell phones MUST BE TURNED OFF and put away.
8. Please come on time. No one admitted after first 10 minutes.

If you must leave class early, permission is required at beginning of class. Please don't leave during deep relaxation (last 10 minutes of class) as it disturbs others.

Note: Always feel free to relax out of pose and rest anytime it seems necessary during class. Struggling, straining or forcing oneself in a position is not necessary, aim towards relaxing as much as possible in a pose. Please feel welcome to discuss any personal matter that may arise about practice with me, at the end of the class or privately by email or phone.

Course Goals:

Continuing the process of harmonious integration of body and mind.

With regular attendance and home practice, students will achieve a marked decrease in stress levels, anxiety and tension, physical stiffness, aches and pains and an increase in flexibility, muscle tone, coordination as well as restful sleep, mental focus, self-awareness and overall wellness.

Students will learn and practice breathing exercises to aid in the process of deepening a peaceful, energized and clear focus.

Students will learn a complete sequence of intermediate poses that can be practiced independently.

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 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).

Schedule:

Week 1	Course requirements review. Interactive discussion of personal experience, particular benefits of meditative Yoga. Short Hatha sequence ending with deep relation.
Week 2	Review of basic postures and some warm-ups. Review of 1 st and 2 nd breathing techniques from beginning Yoga.
Week 3	Full sequence of asanas with additions of warrior, standing balance variation, hand balances, 2 nd level twist.
Week 4	Asana and preparations from MB 101 are repeated as needed. Shifting to more intermediate level and omitting more of the beginning poses. 3 rd level breath technique.
Week 5-8	Headstand, longer sequence, alternate hand balance, half and full lotus poses, advanced standing balances, splits, advanced moon salute variation. Student can always substitute a more basic version whenever needed. Emphasis on focus, breathing, awareness and gentle approach.
Week 9-12	Different standing balances, hand balances, toe balance, camel-fish-hurdle sequence, headstand variations for those ready, alternate breathing exercises.
Week 13-14	Wheel variations, peacock balance, pretzel, introduced. Circle talk discussion of personal practice and course.