

PDP MB 202 Ashtanga Yoga, Intermediate

Instructor: Sharon Cardamone

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Meets twice per week: 1.0 Credit

Course Description:

Students will be guided through the energizing and flowing sequence of postures that comprise the full Primary Series of Ashtanga Yoga, including intermediate backbends, arm balances, and inversions. For those who wish to experience new potentials of strength and flexibility.

Required Equipment:

Although it is not required, *Yoga Mala* by Sri K. Pattabhi Jois is highly recommended

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. They will learn how to coordinate breath with movement; ujjayi breathing; drishti, or focused gaze; and bandhas, the energetic locks used in the practice.

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.

Leaving Early:

You may leave class up to 10 minutes before the end of class if you have a class directly following this one. Please let the instructor know on the first day of class if you will be leaving early. Otherwise, please stay for the duration of the class. If you need more than 10 minutes to get to your next class, please consider making changes to your schedule within the first 3 weeks of the semester.

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 cancellations 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	Intro. To history and philosophy of the Ashtanga Vinyasa system; Surya Namaskara A & B; Padangusthasana; Padahastana, Padmasana, Yoga Mudra, Uttpluthi, pranayama (breathing exercise), Savasana relaxation
Week 2	Repeat previous week's postures and add: Utthita Trikonasana a and b; Utthiti Parsvakonasana a and b, pranayama, Savasana
Week 3	Repeat previous week's postures and add: Prasarita Padottanasana A, B, C, D; Parsvottanasana
Week 4	Repeat previous week's postures and add: Utthitia Parsvasahita; Ardha Baddha Padmottanasana
Week 5	Mysore practice (independent practice); pranayama; meditation
Week 6	Repeat Week 4's postures and add: Utkatasana; Virabhadrasana A and B; Sarvanagasana
Week 7	Repeat previous week's postures and add: Dandasana; Paschimattanasana A and B
Week 8	Repeat previous week's postures and add: Purvattanasana; Ardha Baddha Padma Paschimattanasana; Triang Mukhaekapada Paschimattanasana
Week 9	Mysore practice (independent practice); pranayama; meditation
Week 10	Repeat week 8's postures, add: Janu Sirsasana A, B, and C
Week 11	Repeat previous week's postures, add: Marichyasana A, B, C, D; Navasana; Sirsasana
Week 12	Repeat previous week's postures, add: Bhujapidasana; Kurmasana; Suptakurmasana
Week 13	Mysore practice (independent practice); pranyama; meditation
Week 14	Repeat week 12's postures, add: Gargha Pindasana; Kukkutasana; Baddha Konasana; Upavistha Konasana; Supta Konasana; Supta Parsvasahita
Week 15	Repeat previous week's postures, add: Ubhaya Padangusthasana; Urdhva Mukha Paschimattanasana; Urdhva Dhanurrasana
Week 16	Repeat previous week or Mysore practice