

PDP MB 101 Hatha Yoga

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. Class teaches asana (yoga postures), pranayama (breath work), and relaxation techniques. Sun salutations, sitting and standing postures, balancing, backbends, forward bends, twists, and gentle inversions are included. Classes conclude with a final relaxation in Savasana. Modifications will be given for all levels.

Requirements:

1. Wear clothing that is comfortable and that you can move in easily
2. Bring layers to be prepared for cool temperatures and to have an extra layer for Savasana.
3. Turn off cell phones and leave them at the side of the room
4. 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 recommended. Aim towards relaxing as much as possible in a pose. Please feel welcome to discuss any personal matter that may arise about practice with your instructor at the end of class or privately by email or phone.

Course Goals:

- Increased flexibility, muscle tone, coordination, mental focus, and self-awareness
- Familiarity with the breath's influence on our state of mind, and the ability to use it to create a peaceful, energized and clear focus
- The ability to independently practice a complete sequence of yoga poses
- Decreased stress and tension with regular 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 specified 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 your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

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 in to 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 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	Go over course requirements; grading based on attendance. General overview of the class content. Short class introducing introductory breath work, centering, several basic asanas and Savasana.
Week 2	Review of asanas and breathing practice from week 1 and add to sequence of asanas.
Week 3	Review basic asanas. Introduce Sun Salutation A with coordination of breath and movement and careful attention to alignment. Offer variations. Add standing balance.
Week 4	Add Sun Salutation B and additional standing balance
Week 5	Review of first month.
Week 6-8	Introduce first inverted pose with benefits and cautions. Begin to add more challenging poses.
Week 9-11	Introduce hand balance. Repeat sequence of asanas with longer hold times for increased strength and stamina, and incorporate more challenging poses.
Week 12-13	Introduce intermediate poses based on student level
Week 14	Culminating class and semester wrap-up.