

Sample Classical-Eclectic Hatha Course Syllabus

Overview of Class

Yoga is 6,000 years old! Yoga means “to yoke” or “to join,” and the practice of yoga works to develop every human faculty—physical, emotional, mental, and spiritual—to bring them together harmoniously. Yoga stretches, strengthens, tones, aligns, and improves the health of the body. It enhances the awareness of the body and breath and can help a person develop a state of mental calm and emotional stability. Yoga is not a religion; it is a discipline without dogma.

Hatha yoga is the type that most people are familiar with in the West. It is understood to include postures and breath. Types of hatha yoga include Ashtanga (aerobic flow series), Iyengar, Kundalini, Bikram, and others. This class uses classical-eclectic hatha and involves moving slowly and sinking deeper into the postures. The deeper you allow yourself to go into the postures, the more advanced or deep your yoga practice will be.

Kindness and acceptance: Yoga is not competitive. It is about quieting the mind and accepting the process. Students are taught to listen to and observe the body, rather than trying to force it toward reaching a goal. Yoga is about being kind to your body and accepting of where you are today.

Remember, your body is your vehicle, so honor it. You are also responsible for being kind to and accepting of others in order to help create a positive and relaxing class environment.

General Policies

1. You may purchase a locker from the equipment room. The cost is \$8 per semester.
2. You may store your personal items in the exercise room with the understanding that the instructor and the university cannot be responsible for any stolen or lost property.
3. Wear clothes that are nonrestrictive. Street clothes, such as cargo pants or jeans, will restrict your ability to participate fully.
4. You may bring or borrow a mat and a blanket each day.

Attendance and Participation Policies

1. For safety reasons, students are not permitted to work out until the instructor is present.
2. Please pick up your name card and place it by your yoga mat at the beginning of class! I will use the cards to take attendance and to remember names. Remaining cards are used to record absences.
3. Meditation, breath work, and relaxation will begin at 9 a.m., and movement instruction will begin two or three minutes after the hour. If you arrive late, please come in quietly from the back of the class and set up in the back of the room.
4. Students will be released at 45 minutes after the hour. If you must leave before that time, please get permission from the instructor before exercise begins. I will simply remind you to set up your mat near the back door so that leaving early will not be disruptive.
5. Please remember that leaving class without permission is a form of academic dishonesty.

Grading Policies (Subject to Change)

1. Ninety percent of your grade will be determined through attendance. The remaining part of your grade will be earned through completion of assignments or quizzes.
2. If you miss eight classes before the last week of class, you will be automatically dropped.
3. No make-ups are permitted in this class. Excused absences are reserved for extreme cases and require documentation. Whether an absence is excused or not falls under the discretion of the instructor. Excused absences do not affect one's grade. The following table demonstrates only how your grade is affected by unexcused absences. Remember, 10 percent of your grade depends on assignments.

How Your Grade Is Affected by Absences

Absences	Percent	Grade
0	100	A+
1	97.5	A
2	95	A
3	92.5	A
4	90	A–
5	87.5	B+
6	85	B
7	82.5	B–
8	80	C+
9	77.5	C

Safety Warning

Participating in yoga involves inherent risks of injury. Students assume these risks when they are involved in this class.

Basic Safety Procedures

1. Students with preexisting conditions MUST clear their enrollment in yoga class with their primary health care provider before class begins.
2. If in ANY stretch you feel discomfort, you should release immediately and with care. In addition, if at any time you choose to rest during class, you can sit out for a pose and go into Bala-sana (Child's Pose) or Shavasana (Corpse Pose) or simply lie down until you are ready to resume. Never attempt to do anything with which you are uncomfortable. Listen to your body and speak with the instructor about possible modifications or substitutions.
3. Please listen carefully to instructions regarding technique. Correct technique works to ensure safety.
4. Notify the instructor immediately if you or a classmate becomes injured or ill during class.
5. If you become overly tired, dizzy, or faint, take a break from the exercise and sit or lie down. Let the instructor or a friend know that you don't feel well so that he or she can keep an eye on you. Please do not leave the room alone if you don't feel well. Take a buddy and always report back.

Safety Modifications

Students with preexisting conditions must share in the responsibility of modifying exercise to prevent injury. Conditions such as high blood pressure, glaucoma or detached retina, disk concerns in the neck or back, and pregnancy must be reported to the instructor because certain poses are contraindicated or can simply be modified.

- High blood pressure may demand that you keep your head above the level of your heart.
- Heart concerns may decrease the duration for which you should maintain a static pose.
- Glaucoma or detached retina may make inversions (going upside down) dangerous.
- Disk concerns in the neck or back may require that you keep your head in a neutral position rather than releasing it back.
- Pregnancy may require that you avoid inversions (going upside down). You may also need to part your legs during squats and forward bends. Do not place any pressure on your belly!

Special Needs

If you have any special needs or considerations, please see the instructor prior to beginning exercise in this class. If special needs or considerations arise during the course, notify the instructor immediately. Adaptations can be made.