Course Title: Yoga (For Every Body)
Catalog #: PED147
Section #: 94019
Instructor: Lynne Wentworth
Days/Time: Wednesdays / 4:00 pm–5:50 pm
Room: Corchaug 002
Office Mailbox: Shinnecock 227
Office Phone: (631) 548-2628
Home Phone: (631) 765-3005

Course Objectives:
1. To identify the components of meditation and apply them in meditative practice.
2. To build body strength, endurance, flexibility and coordination.
3. To breathe more efficiently and healthfully.
4. To reduce stress by reaching a deep state of relaxation.
5. To increase circulation.
6. To improve body alignment.
7. To attain better body balance.
8. To improve concentration.
9. To gain a greater awareness of the body’s energy centers (the chakras) and discover how they function.
10. To identify a variety of mudras (specific positions of body parts) and apply them during meditative practice.
11. To perform energy locks (bandhas) and apply them during asana practice.

Procedures for Accomplishing These Objectives:
1. Short lectures.
2. Demonstrations of yoga postures (asanas), as well as handouts containing pictures of various poses.
3. Film clips of master yoga teachers performing certain asanas.
4. Guided meditations.
5. Demonstrations of various breathing techniques.

Student Requirements for Completion of the Course:
1. Successfully performing all of the asanas introduced in class.*
3. Passing a final examination.
4. Designing a final program which consists of a team of several class members who each lead the class in a series of five or six postures, as well as guide the class in breath work, relaxation and meditation.

Grading Policy:
- Weekly Class Work (includes attendance, attitude, degree of effort and overall improvement performing the asanas) ............... 45%
- Final Examination .......................................................... 25%
- Final Program ............................................................... 30%

100%
**Attendance Policy:**

- Yoga is a participation course. Therefore, **it is vital to attend class regularly.**
- Every class member is allowed one absence without penalty.
- Note: If a student misses the final program, he/she will receive an "Incomplete" for the course.
- If you are absent for a class in addition to your free cut and have a legitimate excuse (you are sick and have a doctor's note or there is a death in the family) there will be no grade penalty.
- If you are absent for a class in addition to your free cut and have no legitimate excuse, your final grade may be affected.
- Two absences in addition to the free cut may result in being withdrawn from the class, regardless of the reason(s).
- Three latenesses are equivalent to one absence.
- Please make every effort to get to class on time.
- Please don’t ask to leave class before 5:50 pm.
- Be aware that yoga is the practice of moving into silence!

**Attire:**
Wear loose, comfortable clothing which allows you to move and breathe freely. Shoes and socks are removed during practice.
**Weekly Course Outline for Wednesday Class:**

*Note: Meditation will be included in each class session.*

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<tr>
<th>WEEK #</th>
<th>DATE</th>
<th>Activity/Note</th>
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| 1      | 9/9   | What is Yoga? Basic Definitions  
Course Outline Reviewed  
Body Awareness Exercise / Self-Inventory  
Breathing Techniques / Guided Meditation  
**Due 9/16:** Yoga Mat, Recent Snapshot Attached to Name Card |
| 2      | 9/16  | Yoga Mats  
Snapshots Collected  
Yoga Guidelines Reviewed  
Awakening the Spine/Breathing Techniques  
Salute to the Sun  
Focus on Meditation |
| 3      | 9/23  | Yoga by Nature, Just a Kid Again / Yoga for Ailments  
Chakra System Explained |
| 4      | 9/30  | Warm-Ups & Asanas for Chakra #1  
Body Parts: Feet, Legs, Base of the Spine, Pelvic Floor  
General Asanas: Stretches, Balancers |
| 5      | 10/7  | Video Clip / Demonstration on Reflexology  
Reflexology Treatment (Bring Clean Feet)  
Warm-Ups & Asanas for Chakra #2  
Body Parts: Sex Organs, Pelvis, Hips, Lower Spine  
General Asanas: Hip Openers & Side Stretches |
| 6      | 10/14 | Warm-Ups & Asanas for Chakra #3  
Body Parts: Abdomen, Mid-Spine, U. Intestines  
General Asanas: Regularity Ex., Twists, Abdominals  
Confidence Poses  
Belly Dancing, Pilates, Prenatal Postures, Postnatal Postures |
| 7      | 10/21 | Warm-Ups & Asanas for Chakra #4  
Body Parts: Heart, Lungs, Upper Chest, Shoulders, Arms, Hands  
General Asanas: Chest Openers & Backbends  
Focus on Mudras/Transformational Breathing |
| 8      | 10/28 | Warm-Ups & Asanas for Chakra #5  
Body Parts: Throat, Neck, Mouth  
General Asanas: Folding Poses  
Chakra #6 Body Parts: Brain, Eyes, Nervous System  
General Asanas: Eye Ex., Inversions  
Chakra #7 Body Parts: Skin, Muscular and Skeletal Systems  
General Asanas: Seated Postures for Meditation, Review for Test |
| 9      | 11/4  | Fountain of Youth, Partner Yoga & Hero Series  
Handout for Final Program, Choose Teams, Review Asanas for Test  
Rehearse for Final Program |
|        | 11/11 | No Class: Veteran’s Day |
| 10     | 11/18 | Review Exam  
Rehearse for Final Program |
| 11     | 11/25 | No Class: Thanksgiving Recess |
| 12     | 12/2  | Take Exam  
Rehearse for Final Program |
| 13     | 12/9  | Teams #1, #2, #3 & Hero Perform Final Programs |
| 14*    | 12/16 | Teams #4, #5, #6, #7 & Sunteam * Perform Final Programs |
|        | 12/22 | *Wednesday evening classes meet instead of Tuesday |