

City College of San Francisco

Fall Semester 2008
Beginning Yoga
P.E. 554A

Instructor: brittany brown ceres
Office Hours: by appointment
E-mail: bceres@ccsf.org
Phone: 415-794-0752

Hatha Yoga is the physical discipline of yoga which focuses on postures (asanas) and breathing exercises (pranayama) to prepare the body for relaxation and meditation. This class introduces beginning level postures with emphasis in alignment, strength, flexibility, and breath awareness.

COURSE OBJECTIVES

1. Perform a sample of beginning level poses with correct body alignment.
2. Adapt postures according to one's limitations.
3. Have an understanding of the philosophy of yoga and the benefits of the asanas covered.
4. Understand the use of breath as a way to release mental and muscular tension and stress.
5. Enable one to practice yoga on their own.

EVALUATION AND GRADING POLICY

1. CLASS PARTICIPATION/PERFORMANCE **80%**

- a. Instructor observation of skills and ability displayed in class; knowledge and improvement; attendance and punctuality.
- b. Motivated participation by the student which includes: focus and self discipline, challenging oneself, making inquiries when information is unclear, reading and studying the handouts, and outside class study and practice.

2. TESTS and ASSIGNMENTS **20%**

Examinations will be on designated postures and yoga sequences, terminology and Basic human anatomy and may include a written component based on handouts. Practical examinations will be given in small groups. Additional details will be furnished before the exams.

3. GRADES GIVEN FOR THIS CLASS ARE A, B, C, D, F or CR/NCR

Final Grades are based on the following scale:

90-100 A	70-80 C
80-90 B	60-70 D

ATTENDANCE

1. One absence is allowed without penalty. All other absences unless excused (those incurred as a result of extreme emergency such as hospitalization or death in the family) must be made up. Absences must be made up in the midterm in which they occur. More than three make-ups result in the elimination of an "A" grade. Absences that are not made up will affect your grade as follows:

0-1	absence	no effect on grade
2	absences	grade lowered one level
3	absences	grade lowered two levels
4	absences	grade lowered three levels
5	absences	Fail

2. MAKE-UP OPTIONS

- a. Attend another yoga class or activity class related to yoga at CCSF or at a studio.
- b. Write a short paper (2 pages) on a topic about a subject matter relating to yoga.
- c. Attend a P.E. or Dance Department Special Event (Dance Concert, Master Class, etc.).
- d. View a yoga video and write a short review.

3. MAKE-UP PROCEDURES

Obtain a yellow slip at the front desk in the lobby and request the make-up teacher sign this form. The student should then return the slip to me for credit. If attending an outside class, a receipt or note from the instructor will be proof of attendance.

City College of San Francisco

Fall Semester 2008
Beginning Yoga
P.E. 554A

Instructor: brittany brown ceres
Office Hours: by appointment
E-mail: bceres@ccsf.org
Phone: 415-794-0752

ENROLLMENT IMPORTANT INFORMATION

1. Students are responsible for dropping this class within the appropriate deadlines. For deadlines check the CCSF catalogue or consult Records and Admissions.
2. A student's failure to withdraw may result in an "F" grade.
3. The instructor may withdraw a student for excessive absences, reinstatement will be at the discretion of the instructor. The instructor may not initiate a withdrawal after the last day of student or teacher initiated withdrawal unless there is written documentation and verification from the student reflecting extenuating circumstances.
4. An Incomplete will not be given unless requested.

Feel free to discuss with me any events that may prevent your continuous attendance in class.

ATTIRE AND MATERIALS

1. Warm, comfortable, and non-restrictive clothing. No Shoes.
2. Yoga Mat Advisable

RECOMMENDED READING

The Happiness Hypothesis, by Jonathan Haidt
Total Yoga, by Tara Fraser
Yoga Anatomy, by Leslie Kaminoff
Seven Masters, One Path, by John Selby
The Heart of Yoga by T.K.V. Desikachar
Yoga the Iyengar Way by Silva, Mira, & Shyam Mehta
Yoga for a New Age by Bob and Linda Smith
Yoga, The Path to Holistic Health by B.K.S. Iyengar

HEALTH CONCERNS

1. Please inform me of any physical condition or disability that may affect your participation in class and if you need course adaptations or accommodations.
2. Give yourself 2 hours after eating to practice yoga.

Be mentally prepared for class

A prepared mindset for yoga

- awaken all the senses through a thorough awareness of the body, in communication with the mind. Neither is shut off, nor should either carry more daily weight, instilling the idea of a whole functioning being: Alive and Passionate.
- respect yoga as a discipline, which takes years to master through practice, appreciation and integration of life and its lessons. Maintaining humility is essential; knowing that acquiring skill in any field requires time, interest, focus and energy.
- building character should be a part of every lesson and therefore laughter and failure should be present every day to experience. Awareness of spontaneity and flexibility are of key importance.
- Abandon subjective judgments in order to instill peer trust and safety while pursuing an honest environment. Be open to new ideas and seek to gain knowledge of themselves as a multi-leveled individual.
- find the satisfaction that comes with accepting the process of learning as a journey without demanding or expecting a definitive final product.

**Fall Semester 2008
Beginning Yoga
P.E. 554A**

City College of San Francisco

**Instructor: brittany brown ceres
Office Hours: by appointment
E-mail: bceres@ccsf.org
Phone: 415-794-0752**