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**Virtually, at Home, on your own schedule,
asynchronous**
Yoga Strength CRN 40823, 1.0 P.E. Credit
Yoga CRN 40824, 1.0 P.E. Credit
March 29th through June 6th, 2021
3 hours per week for 10 weeks, 30 hours total.

Course Format Do 3 hours of yoga/week.

You are registered for either **Yoga CRN 40823** or **Yoga Strength CRN 40824**. This PDF is the syllabus for both courses. Both courses are offered fully online through Moodle. You'll be doing 3 hours of yoga at home, by participating along with YouTube videos that I upload and post in Moodle. You choose when to do yoga and the frequency per week. If you're working toward earning credit, you must fulfill the 3 hours of yoga per week. If you are AUDITING the course, you have no requirements.

Objectives

- Improve and deepen and your own yoga practice
- Gain some amount of strength, flexibility, endurance, and kinesthetic awareness
- Learn exercises and stretches which will relieve tension and muscle pain
- Learn ergonomically correct posture and sitting, sleeping, and lifting positions
- Study and practice Asanas (postures), modifications, and Sanskrit terms
- Learn about anatomy, major muscle groups, body mechanics, and technique
- Feel "zen" from yoga practice

Grading Grading is 100% based on participation and effort.

Participation will be according to the Honor Code system. I will be trusting that you fulfill your 3 hours of yoga each week. **You will be submitting your participation hours and a brief reflection in a google form every Sunday by 11:59pm. Please remember to be logged into your LBCC student gmail account when you open up the google form, so that you receive an emailed response receipt for your records. If you're not logged into gmail, you won't receive the response receipt email.**

Late submissions may be docked 10 percentage points. In order to avoid this, I recommend adding a weekly calendar reminder in your smartphone for this task to be completed Sunday by 8pm.

Regardless of your final grade, I hope you realize that your health benefits for doing yoga are directly proportional to how much effort you put into your yoga practice. In other words, if you 'cheat the system' by not doing the yoga you claim, your physical and mental health will not improve.

Grading Chart

Participation/Effort	Percentage	Participated Hours out of 30 total
A	90-100 %	27-30+ hours
B	80-89 %	24-26.8 hours
C	70-79 %	21-23.8 hours
D	60-69 %	18-19.9 hours
F	0-59%	17.8 or less hours

Grading Options

- **Letter Grade** – A through F. Only whole letter grades can be assigned, for example B and not B+.
- **Pass/No Pass** – The student must receive a grade of C or better to pass the class and receive credit. If the student receives an A, the instructor will automatically record an A instead of a Pass, if this is possible in Web Grading.
- **Audit** – The student takes the class recreationally, will not be evaluated, and does not receive credit.

Inform me of your grading option. **Verify it online by logging into WebRunner using your X00 number or by calling the registrar** by the second week of the term. Instructors do not have the authority to change students' grade options online. You must do it yourself.

Dress Code

Dress in comfortable, stretchy exercise clothing and wear layers. Tie long hair back, limit jewelry, and have a water bottle handy. **Get your own sticky yoga mat.** Sticky, yoga mats that are ¼" thick

or more offer the most padding. You can place an extra yoga or pilates mat under your mat if you prefer a softer surface and/or are doing yoga on hard floor. Don't use a pilates mat for yoga; pilates mats don't have adequate grip. New mats may seem oily and slippery, until slightly worn in. Air out new mats. If you're able to stream videos on your laptop, which I recommend, please silence or turn off cell phones, and leave them in a separate room to limit distractions and to make the most gains.

Participation/Effort

Yoga class consists of a regular yoga practice and a lecture/demonstration. Regular participation is required. Complete the required yoga practice minutes per week. Don't fall behind. Please inform me if you are too ill or injured to practice yoga. If you contract a mild case of Covid-19, make-up your missed participation hours in future weeks. If you contract a severe case of Covid-19, and it looks like you will fail the course based on your completed hours to date, you have two options. The first option is to observe yoga classes by taking notes and submitting the notes to your instructor, for full attendance points. The second option is to ask for a medical waiver in order to drop the course without penalty. Doing so will result in zero credits earned.

Each student will earn points for each complete class attended. One excused absence for illness with a doctor's note will be permitted; however, please try to keep doctor's visits virtual during mandated social distancing. Students that are injured or slightly ill may watch yoga videos without losing Participation points. In this case, the student must take notes while watching the video and explain what they learned from watching. Submit the notes via email.

Evaluation of Participation and Effort

Although points are the determining factor of the Participation grade, Effort is a large part of the over-all grade as well. Effort will determine how successful students are in the class.

Students working toward an A grade exhibit the following characteristics:

- complete required weekly yoga exercise minutes each week
- submit weekly yoga time tracker and reflection ON TIME
- have an excellent attitude
- work to their fullest potential
- participate in the entire class
- regularly check in with the instructor with any questions, comments, and/or concerns
- show improvement in yoga asanas, strength, flexibility, endurance, and kinesthetic awareness

Effort/Checking In

Since I can neither see how you're doing while you practice yoga nor offer immediate modifications and/or challenges, it is your responsibility to check in with me. Please call or email me, if you have any questions, comments, or concerns, earlier rather than later. I'm better able to help you, if I'm aware of your issue.

Make-up Classes

Students should make-up their missed time requirements in future weeks. So, if you missed your yoga participation requirements last week, you can double the time this week. Or, if you know you won't have enough time to complete your yoga requirements in a future week, you may make it up ahead of time. Simply report the hours you did yoga each week. Failure to report your yoga hours each week through the google form will negatively affect your grade, as will reporting your hours late.

Extra Credit

Students may receive extra credit by writing a paper. An "A" paper makes up for one missed class. It's easier to just participate in class; however, extenuating circumstances do happen from time to time.

Paper must be:

- 2-3 pages
- Typed, double-spaced
- Email your paper by the last day of the term, which is June 6th, 2021

Paper Options:

A reflection of one's own yoga practice, touching upon personal discoveries, strengths and weaknesses, mental focus, favorite poses, and attitude.

Suggested Reflection Questions:

- What are your strengths and weaknesses?
- What are your goals?
- Where have you noticed improvement?
- Have you learned anything new about yourself?
- How is your mental focus and attitude before, during, and after yoga class?
- Where do you see yoga, if at all, in your future?

More Paper Options:

2. A reflection on a different yoga class attended, describing the style of class, which asanas were done, new cues or asanas learned, and the overall impression of the class.

3. Any aspect of yoga which may interest you, such as: yoga history, meditation, yoga styles, the yoga movement in the US, or a famous yogini, for example. Submit original writing and cite your sources in either APA or MLA format.

Returning Students

Students may repeat yoga for credit.

Optional Reading

- Subscription to *Yoga Journal* or www.yogajournal.com
- *Yoga: A Yoga Journal Book* by Linda Sparrowe (Paperback)
- *The Anatomy Coloring Book* by Wynn Kapit and Lawrence M. Elson (Paperback)
- *Structural Yoga Therapy* by Mukunda Stiles
- *Scientific Keys Volume 1: The Key Muscles of Hatha Yoga* by Ray Long and Illustrated by Chris Macivor (Spiral-bound)
- *The Yoga Practice Guide, Dynamic Sequencing for Home Practice and Teachers* by Bruce Bowditch (Spiral-bound)
- *The Yoga Asana Index, A Complete Index of Hatha Yoga Postures* by Bruce Bowditch (Spiral-bound)

Changes to the Syllabus

I reserve the right to change the contents of this syllabus due to unforeseen circumstances. You will be given notice of relevant changes in class, through a Moodle Announcement, through your LBCC email, or via an Aviso message/email.

Inclusiveness and Equal Access Statement

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in the class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations but are not yet registered with CFAR, please visit the [CFAR Website](#) for steps on how to apply for services or call (541) 917-4789.

Roadrunner Resources

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to contact the Roadrunner Resource Center for support (resources@linnbenton.edu, or visit us on the web www.linnbenton.edu/RRC under Student Support for Current Students). The office can help students get connected to resources to help. Furthermore, please notify the professor if you are comfortable in doing so. This will enable her to provide any resources that she may possess.

Sanskrit Yoga Terms

Standing Asanas		
Sanskrit Term	English Term	Pronunciation
1. Tadasana	Mountain Pose	tah-DAHS- ahna
2. Samasthiti	Standing in attention Pose	SAHM-ahs-thee-tee
3. Utkatasana	Awkward Chair Pose	OOT-kah-TAHS-ahna
4. Ardha Utkatasana	Half Awkward Chair Pose	ARE-dah OOT-kah-TAHS-ahna
5. Uttanasana	Standing Forward Bend	OOT-tan-AHS-ahna
6. Utthita Trikonasana	Extended Triangle Pose	oo-TEE-tah trik-cone-AHS-ahna
7. Parivrtta Trikonasana	Revolved Triangle Pose	par-ee-VRIT-tah trik-cone-AHS-ahna
8. Utthita Parsvakonasana	Extended Side Angle Pose	oo-TEE-tah parsh-vah-cone-AHS-ahna
9. Parivrtta Parsvakonasana	Revolved Side Angle Pose	par-ee-VRIT-tah parsh-vah-cone-AHS-ahna
10. Parsvottanasana	Intense Chest Stretch	parsh-voh-tan-AHS-ahna
11. Prasarita Padottanasana	Wide-Legged Forward Bend	pra-sa-REE-tah PAH-doh-tan-AHS-ahna
12. Virabhadrasana I	Warrior I Pose	veer-ah-bah-DRAHS-ahna one
13. Virabhadrasana II	Warrior II Pose	veer-ah-bah-DRAHS-ahna two
14. Virabhadrasana III*	Warrior III Pose	veer-ah-bah-DRAHS-ahna three
* more advanced poses		

Surya Namaskar (Sun Salutations)		
15. Surya Namaskar A	Sun Salutation A (sequence)	SIR-ya NAHM-ahs-car A
16. Surya Namaskar B	Sun Salutation B (sequence)	SIR-ya NAHM-ahs-car B
17. Adho Mukha Dandasana	Plank (Downward Facing Staff Pose)	AH-doh MOO-kah don-DAHS-ahna
18. Chaturanga Dandasana	Four-Limbed Staff Pose	Chaht-tour-ANG-ah don-DAHS-ahna
19. Adho Mukha Svanasana	Downward-Facing Dog	AH-doh MOO-kah shvah-NAHS-ahna
20. Urdhva Mukha Svanasana	Upward-Facing Dog	ERD-vah MOO-kah shvon-AHS-ahna
21. Bhujangasana	Cobra Pose	Boo-jang-GAHS-ahna

Standing Balances

22.	Vrksasana	Tree Pose	vreek-SHAHS-ahna
23.	Garudasana*	Eagle Pose	gah-rue-DAHS-ahna
24.	Ardha Chandrasana	Half Moon Pose	ARE-dah chan-DRAHS-ahna
25.	Parivrtta Ardha Chandrasana	Revolved Half Moon	par-ee-VRIT-tah are-dah SHAHN-dros-ahna
26.	Utthita Hasta Padangustasana	Extended Hand Foot Big Toe Pose	oo-TEE-tah hahsta PA-dang-goose-tahs-ahna
27.	Natarajasana*	Dancer's Pose	not-ah-raj-AHS-ahna
28.	Urdhva Prasarita Eka Padasana*	Standing Splits	ERD-vah pra-sa-REE-tah ehka pah-DOHS-ahna

Seated Forward Bends and Twists

29.	Dandasana	Seated Staff Pose	dahn-dohs-ahna
30.	Paschimottanasana	Seated Forward Bend	POSH-ee-moh-tan-AHS-ahna
31.	Janu Sirsanana I	Head-to-Knee Pose	JAH-new shear-SHAHS-ahna
32.	Trianga Mukhaikapada Paschimottanasana	One Leg Folded Back Forward Bend	TREE-ahnga mooka-kah-pod-ah POSH-ee-moh-tan-AHS-ahna
33.	Supta Padangustasana	Laying Down Foot Big Toe pose	SOUP-tah PAD-ang-goose-TAHS-ahna
34.	Ardha Matsyendrasana	Half Lord of the Fishes Pose	ARE-dah MOT-see-en-DRAHS-ahna
35.	Jathara Parivartanasana	Revolved Belly Twist	Juh-thar-rah PARI-var-tahn-ahs-ahna
36.	Parivrtta Padmasana*	Revolved Lotus Twist (see 41.)	par-ee-VRIT-tah POD-moss-ahna

Seated Hip, Groin, and Leg Openers

37.	Balasana	Child's Pose	bah-LAHS-ahna
38.	Ananda Balasana	Happy Baby Pose	AHN-an-DAH bah-LAHS-ahna
39.	Sukhasana	Easy Pose	SUE-kahs-ahna
40.	Virasana	Seated Hero Pose (see 78.)	veer-AHS-ahna
41.	Padmasana*	Lotus Pose (see 36.)	pod-MAHS-ahna
42.	Gomukasana	Cow Face Pose	go-moo-KAHS-ahna
43.	Baddha Konasana	Bound Angle Pose (see 79.)	BAH-dah cone-AHS-ahna

Seated Hip, Groin, and Leg Openers continued

44.	Upavistha Konasana	Wide-Angle Seated Forward Bend (see 46.)	oo-pah-VEESH-tah cone-AHS-ahna
45.	Parivrtta Surya Yantrasana	Sun Dial Pose (compass pose)	par-ee-VRIT-tah SIR-ya YAHN-trahs-ahna
46.	Supta Konasana	Laying Back Wide Angle Pose (see 44.)	soup-TAH CONE-ahs-ahna
47.	Eka Pada Raja Kapotasana I	One-Legged King Pigeon Pose (Pigeon Pose)	aa-KAH pah-DAH rah-JAH-cop-poh-TAHS-ahna
48.	Eka Pada Raja Kapotasana II	Crescent Moon Lunge (Pigeon Pose w/bent back knee)	EHKA POD-ah ROJ-ah CAP-o-TAHS-ahna
49.	Samakonasana*	Sideways Splits	Somma-cone-ahs-ahna
50.	Hanumanasana*	Monkey God Pose (splits)	hah-new-mahn-AHS-ahna

Backbends

51.	Ustrasana	Camel Pose	oosh-TRAHS-ahna
52.	Dhanurasana*	Bow Pose	don-your-AHS-ahna
53.	Urdhva Dhanurasana*	Wheel (Upward-facing Bow Pose)	ERD-vah DON-your-AHS-ahna
54.	Setu Bandhasana	Bridge Pose	SAY-two BOHN-dahs-ahna
55.	Eka Pada Setu Bandhasana	One-Legged Bridge Pose	EHKA POD-ah SAY-two BOHN-dahs-ahna
56.	Matsyasana	Fish Pose	mot-see-AHS ahna
57.	Salabasana	Locust Pose	sha-la-BAHS-ahna

Advanced Postures and Arm Balances

58.	Bhujapidasana	Shoulder-Pressing Pose	BOO-jah-PEE-dahs-ahna
59.	Bakasana	Crane Pose	BAH-kos-ahna
60.	Parsva Bakasana	Side Crane	PARSH-vah BAH-kos-ahna
61.	Eka Pada Koundinyasana I	Scissors Pose	EHKA POD-ah COON-din-ahs-ahna one
62.	Eka Pada Koundinyasana II	Flying Splits	EHKA POD-ah COON-din-yahs-ahna two

Inversions			
63.	Salamba Sarvangasana	Supported Shoulder Stand	sah-LOM-bah sar-van-GAHS-ahna
64.	Halasana	Plow Pose	hah-LAHS-ahna
65.	Karnapidasana	Head-to-Knee Pose	KARNAH-pee-DOHS-ahna
66.	Salamba Sirsasana	Supported Headstand	sah-LOM-bah shear-SHAHS-ahna
67.	Adho Mukha Vrksasana	Handstand	AH-doh MOO-kah vreek-SHAHS-ahna
68.	Pinchamayurasana*	Forearm Balance	PINCH-ah-my-your-AHS-ahna

Miscellaneous			
69.	Bitilasana	Cow Pose	Bit-ee-lahs-ahna
70.	Marjariasana	Cat Pose	MAR-jar-ee-ahs-ahna
71.	Parighasana	Gate Pose	PAR-ee-gahs-ahna
72.	Paripurna Navasana	Full Boat Pose	par-ee-POOR-nah nah-VAHS-ahna
73.	Vasisthasana	Side Plank Pose	vah-seesh-TAHS-ahna
74.	Purvottanasana	Intense East Stretch/Inclined Plane	Pour-VOH-tahn-ahs-ahna
75.	Urdhva Hastasana	Upward Reaching Arms	ERD-vah has-TAS-ahn-a
76.	Anjali Mudra	Hands in Prayer Position	AHN-jaw-lee MOO-drah
77.	Makarasana	Dolphin Pose	MAHK-ah-ROSS-ahn-a

Restorative Postures			
78.	Supta Virasana	Reclining Hero or Heroine Pose (see 40.)	soup-TAH veer-AHS-ahna
79.	Supta Baddha Konasana	Reclining Bound Angle Pose (see 43.)	soup-TAH BAH-dah cone-AHS-ahna
80.	Viparita Karani	Legs-Up-the-Wall Pose	vip-par-ee-tah car-AHN-ee
81.	Savasana	Corpse Pose/Final Relaxation Pose	Shah-VOS-ahna

Visit Yoga Journal's website at: <http://www.yogajournal.com/poses/> for a wealth of information on these asanas, as well as asanas not listed here.

For yoga flashcards, visit quizlet.com/6113255/flashcards. You'll see Sanskrit and English names of the poses, as well as photographs.