

LBCC IN-PERSON/HYBRID Yoga Strength Syllabus Spring Term 2021

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CRN 42170 1.0 P.E. Credit. **Face-to-face/hybrid**
Face-to-face in Benton Center Room 130, Corvallis
March 29th through May 26th, 2021
Mondays and Wednesdays, 7:00-8:40pm, 9 weeks

Course Format Do 3 hours and 20 minutes of yoga/week.

This Yoga Strength course is HYBRID. You can attend the course one of three ways:

- Fully **face-to-face (in person)**. Do 3 hours and 20 minutes of yoga in-person with Kaisa.
- Fully online. Do 3 hours and 20 minutes of yoga per week, at home on your own schedule.
- A combination of face-to-face and online for a total of 3 hours and 20 minutes/week.

I'll be showing up ready to teach yoga at Benton Center for the Spring term until and/or unless LBCC changes face-to-face courses to be fully online due to rising Covid-19 cases in the area. I hope cases continue to fall. If covid rates rise, you must have a computer and reliable internet in order to stream pre-recorded yoga videos. You'll submit a google survey form of your weekly completed yoga hours. You will need to be able to login to Moodle, which houses all of the videos and online course content. More information will follow, if we go to a fully online course format. In Moodle, you will currently see this course cross-listed with Yoga CRN 40824 and Yoga Strength CRN 40823, two fully online yoga courses. Don't let that confuse you. I am teaching all three courses. There are no online requirements for you, *IF* you attend all of the in-person classes.

With the face-to-face course format, students and the instructor will maintain social distance of 6 feet or more at all times. Students and the instructor will be required to wear a face mask at all times. Students refusing to wear a face mask and/or face shield will be dropped from the course immediately and will be asked to leave the premises. Note: a face mask without a ventilator is preferred, as studies show that they are less likely to spread Covid-19.

In the event that the instructor contracts a mild case of Covid-19 or is exposed to someone that tests positive for Covid-19 and is forced into a 10-day quarantine, the instructor will either have a sub or will temporarily switch to the online format. Students will record their completed yoga hours at home by filling out the online google survey form found in Moodle.

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, working, 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.

Attendance/Effort	Absences	Hours	Percentage
A	0-1	27-30	90-100 %
B	2-3	24-26	80-89 %
C	4-5	21-23	70-79 %
D	6-7	18-20	60-69 %
F	8 or more	17 or less	0-59%

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. 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 inch 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 do yoga with a pilates mat; pilates mats don't have an adequately grippy surface. New mats may seem oily and slippery, until slightly worn in. Air out new mats. Silence or turn off cell phones, and leave them in the cubby at Benton Center.

Participation/Effort

Yoga class consists of a regular yoga practice and a lecture/demonstration. Regular attendance and participation are required. You may not leave until class is dismissed. If you must leave early for a special reason, please inform the instructor before class begins. Excessive tardiness and/or leaving early negatively impacts the Effort grade.

If you are exposed to someone with Covid-19 or contract a mild case of Covid-19, do not come to class. When you are able, make-up your missed classes by doing the same number of hours of yoga videos at home. Inform the instructor of how many hours you made up. This is based on the Honor Code. If you contract a severe case of Covid-19, again, do not come to class. If it looks like you will fail the course based on your classes attended to date, you have two options. The first option is to take notes while watching online yoga videos 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 at home without losing Participation points. In this case, the student must take digital or paper and pen notes while watching the video and explain what they learned from watching. Submit the notes via email, preferably the same day the notes were taken. The instructor will not accept notes submitted after Week 9.

Evaluation of Attendance and Effort

Although points are the determining factor of the Attendance 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:

- always on time and ready for yoga
- 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
- submit weekly yoga time tracker and reflection ON TIME, for each missed in-person class

Effort/Checking in

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 may make-up missed classes by doing yoga videos at home and submitting the Weekly Time Tracker and Reflection google survey, found in Moodle. 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. For example, if you know you will be missing class(es), you may double-up during any week preceding week, by doing yoga both in class and at home.

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 class, which is May 30th. Late papers will not be accepted.

Paper Options:

1. 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?
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 (Spiralbound)

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, via Moodle, 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 (sequence)	A SIR-ya NAHM-ahs-car A
16.	Surya Namaskar B	Sun Salutation (sequence)	B 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 Chandrasana	Ardha	Revolved Half Moon par-ee-VRIT-tah are-dah SHAHN-dros-ahna
26.	Utthita Padangustasana	Hasta	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 Padasana*	Eka	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 Paschimottanasana	Mukhaikapada	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 Yantrasana	Surya	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 Kapotasana I	Raja	One-Legged King Pigeon Pose (Pigeon Pose)	aa-KAH pah-DAH rah-JAH-cop-poh-TAHS-ahna
48.	Eka Pada Kapotasana II	Raja	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 Bandhasana	Setu	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 Stand	Shoulder	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.