

## YOGA PE185L

Linn-Benton Community College

Fall term 2020

Course Information

Class CRN: 25658

Instructor: Subbappa Ribeiro, Intermediate Junior Iyengar Yoga Certification

Instructor Contact: [ribeirs@linnbenton.edu](mailto:ribeirs@linnbenton.edu)

Class meets: Monday and Wednesday from 9am to 9:50am at the Activity Center 120 in Albany and/or via Zoom

The third class of the week meets only via zoom on Friday 9:00am-9:50am via zoom:

Class dates: Sep 28, 2020 –Dec 13, 2020

### Course Description

A beginning-level class where students learn basic yoga poses and are given options so they can work at their own level. Breathing, stretching and relaxation are focused on in class. Benefits include greater flexibility and strength and reduced stress. Classes end with five minutes of deep relaxation.

### Student Learning Outcomes:

At the end of the course, students will be able to:

1. Define what yoga is.
2. Identify what benefits certain yoga postures have to the body and mind.
3. Explain the personal benefits they experienced as a result of the class.

### Benefits of Yoga

Yoga practice has frequently been correlated with a stronger immune system. A consistent yoga practice decreases blood pressure through better circulation and oxygenation of the body. Yoga improves blood circulation. By transporting nutrients and oxygen throughout your body, a yoga practice creates healthier organs, skin, and brain. Yoga

practice massages internal organs, thus improving the ability of the body to prevent disease. Yoga stimulates the detoxification process within the body. Detoxification has been shown to delay aging, among many other health benefits.

This is a beginning level yoga class with intermediate/advanced options given. We will focus on basic yoga asana (poses), breathing, stretching, and relaxation. This fun class will improve posture, balance, and co-ordination and muscle tone. Students will also benefit from increased flexibility and body awareness and reduced feelings of stress. Yoga is a non-competitive, non-judgmental practice that encourages tuning in to oneself and relaxing.

### Attendance

It is your responsibility to sign into Moodle whether you attended the class. Make sure to remember to sign in or it will be counted as an absence. Grading is based on attendance and participation. A maximum of three missed classes can be made-up by taking another LBCC fitness class or by doing a make-up assignment. So you can miss three classes and still get an A as long as you make-up three classes. If you are taking this class as pass/no pass, you must get a D grade or better. If you miss more than three classes and if you fail to make up the assignments you will fail the class.

### Course Assignment:

Write a 1 to 2 page reflection paper describing how yoga has benefitted you personally. Give examples of what you learned physically and/or mentally as a result of practicing yoga. The paper needs to be turned in on the last class of the ninth week of the term.

### Grading:

A = 0 absences + reflection paper

B = 1 absences

C = 2 absences

D = 3 absences

F = 4 or more absences

## Missed Class Make-up Guidelines

There are three easy ways to make-up a missed class:

The first option is to attend any other LBCC fitness class.

Other yoga classes are offered at Corvallis & Albany locations. Please search the Schedule of Classes for days & times. Prior to attending another class, please get permission from that instructor. The second option is to write a one page paper about yoga in addition to reflection paper. You have the freedom to be creative here; anything related to yoga that interests you, feel free to talk about it. Papers can be double spaced and may include a small picture related to your topic. Please spellcheck/edit your paper before submitting it for a grade. The third option is to attend a recorded yoga class at your own time and inform Mr. Ribeiro that you took a pre-recorded class. Take as many classes as you need to make-up for missed classes.

## LBCC Comprehensive Statement of Nondiscrimination

Our college prohibits unlawful discrimination based on race, color, religion, ethnicity, mis-usage of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

## Class Etiquette & Dress Code

Please arrive to class on time; warming up the body prior to deeper stretching is important to preventing injuries. Mats and other props are provided for in person classes, but you are welcome to bring your own. Zoom attendees need to either have your own yoga mat/props

(e.g. strap, bricks, etc.) or use a towel. Wearing layers & bringing water to drink before and after class is recommended. It is advisable that you do not eat a very large meal 1-2hours before class because in yoga we do some inverted postures. Final relaxation pose at the end of class is not optional; please do not leave class early. It is very disrupting to other people's relaxation time if you get up early and leave. Yoga is practiced barefoot. Please do not chew gum. Appropriate athletic attire should be worn (no jeans, belts, button down shirts, etc., basically anything that hinders a full range of motion). Men must wear shirts. Long hair should be pulled back so it is out of your way during your practice. Please come see me before or after class with any questions you may have. Enjoy the class!

**\*\*Please always turn off cell phones and pagers before each Class\*\***