

DEPARTMENT OF EXERCISE AND PHYSICAL EDUCATION

YOGA

Thursday: 8-9:15, 9:30-10:45, 11:00-12:15
Rm 4002 University Hall

RoseMarie Rubinetti-Cappiello Instructor
201-349-7239----royoga@aol.com

What you will need-

Yoga mat, 2 yoga blocks, yoga strap. There is no book for this course

Course Requirements and Grading

- a. Participation required—2 absences (with or without documentation) accepted.
THERE ARE NO EXCUSED ABSENCES- JUST ABSENCES

This is an experiential course. It is a Physical Education course-physical class participation—to the best of your ability- in every class is expected. If you cannot fulfill that and/or participate for more than 3 classes, you may need to drop this course and/or have your grade affected.

- b. Participation in one yoga class on or off campus at any studio, school, fitness facility, TV program, You Tube or DVD.

Proof and description of class participation (such as a receipt) submitted the last day of class.

- c. Two page type written paper on your experience with yoga
Due the last day of class

- d. Two acts of service-- recorded and submitted at the bottom of your paper

Grading

Complete attendance---- NO ABSENCES FOR ANY REASON ----automatic A--- and a waiver of final paper and outside yoga assignment and acts of service.

- 2 absences plus all assignments --A---
- 2 absences and missing assignments---B
- 3 absences plus all assignments—B
- 3 absences and missing more than one assignment ---C
- 4 or more absences plus all assignments—C-

4 absences and missing all assignments --- D
5 or more absences--F

Final papers may be submitted by email to: Royoga@aol.com-- papers not accepted past last day of class.

Course Outline and Objectives

Physical practice of Hatha/Karma yoga-- following the Kripalu and Kundulini schools of Yoga

Various techniques of Asanas, Pranayama, Dharma, Meditation and Yoga Philosophies will be covered

Weekly Schedule--

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| 9/3 | First class |
| 9/10 | Directions/seasons/Basic in yoga--Down dog/cobra/sun salutation |
| 9/17 | Breathing/Pranayama |
| 9/24 | Hip Openers |
| 10/1 | Triangles/Warriors/Angles |
| 10/8 | Balance Poses |
| 10/15 | Energy and Chakras |
| 10/22 | Inversions |
| 10/29 | Dream Interpretation |
| 11/5 | Breathing and Meditation |
| 11/12 | Yoga and Meditation |
| 11/19 | Yoga and Meditation |