

UNIVERSITY OF THE PACIFIC

Course/Section: **ACTY 022**
Title: **Yoga**
Course Code: **80492**
Units: **1**
Department: **Health, Exercise
and Sport Sciences**

Instructor:	Deanna Hunt	Term:	Fall/2020
Office	Jeannette Powell Arts Center,	Class Meeting	Tuesdays
Room:	Room 104	Day:	
Phone:	209.946.3096	Class Meeting	10:00–11:30am
		Hours:	
E-Mail:	dhunt@pacific.edu	Class Location:	Baun Fitness Center
Website:	deannahunt.com	Dates:	8/27–12/3
Office	By appointment		No class 10/1,
Hours:			10/15

Students required to swipe in at the front desk with Pacific ID each class attendance.

***Yoga allows you to find a new kind of freedom that you may not have known even
existed.***

~B.K.S. Iyengar

COURSE DESCRIPTION

This course offers a guided instruction in yoga philosophy and practice. Students practice yoga according to their individual objectives, fitness levels and abilities. Emphasis is on techniques, skills and regular practice for optimal health of body, mind and heart. Weekly sessions provide introduction to a variety yoga traditions, practices, and exercises to cultivate Self awareness, discipline and consistency.

Purpose

The purpose of this course is to introduce students to the basic tenets of yoga practice and to provide an understanding of its practical application for a healthy lifestyle. The course encourages the participation of both beginning and experienced students of yoga to establish a personal yoga practice that aligns with a student's ability and goals. Greater awareness of and knowledge about one's physical body is gained through physical practices (asanas, pranayama and sequences) which enhance strength, flexibility, balance and overall calmness. Through increased self awareness, benefits include the experience of a deeper sense of connection to Self and the world, deeper compassion, gratitude and peace.

Informed Consent

Before you participate in this class, you must complete the "Form of Consent" document. Copies will be distributed the first week of the semester.

Injury/Illness

You must notify the instructor immediately of any injury or illness that occurs during class. Incidents will be followed up with an accident report. Please notify me before the class of any medical conditions that may affect your participation in this course. This will help me design the course to better suit all needs.

Course Objectives

The student will be able to:

1. Improve muscular strength, endurance, flexibility, balance, and overall joint mobility as you appreciate your body and its unique capabilities.
2. Acquire a beginner-intermediate working knowledge of Vinyasa & Hatha yoga positions and alignment, yogic history, philosophy, and perspective.
3. Utilize the knowledge gained and synthesize the concepts in a way that is applicable for personal benefit.
4. Assimilate and synthesize the concepts into a personal interpretation and practice of yoga.
5. Develop the skills, sensibilities and habits that support a daily practice.

Course Goals & Learning Outcomes

Upon successful completion of this course, students will:

- Demonstrate an understanding of the application of basic principles and concepts of yoga to yoga postures. The student will be able to a. demonstrate basic principles and concepts in yoga, including breath work and flow; b. practice mental awareness.
- Demonstrate the ability to perform selected yoga postures with attention to correct body alignment, control, and safety. The student will be able to a. perform standing yoga postures; b. perform seated yoga postures; c. perform prone yoga postures; d. perform supine yoga postures; e. perform inverted yoga postures; f. perform balance yoga postures; g. perform yoga postures emphasizing strength.
- Demonstrate improvement in posture, flexibility, muscular strength, and endurance. The student will be able to a. demonstrate correct body alignment in yoga postures and sequences; b. perform stretching postures to improve flexibility; c. demonstrate increased intensity in yoga sequences to improve muscular strength and endurance.
- Strengthen mental focus through yoga postures and related wellness techniques such as meditation. The student will be able to a. relate imagery to relaxation techniques; b. practice relaxation techniques; c. practice stress management techniques.

Class Format

Consistency is central to effective learning, as is an environment of authenticity and trust. Class sessions incorporate a combination of the following: *Satsang* (sharing of knowledge/philosophical teachings), *Pranayama* (breathing techniques), *Asana* (physical poses and sequences, including warm up exercises, vinyasa, longer held poses, deep relaxation), meditation, chanting and reflection. Concurrently, each session addresses different modes of learning and provides opportunities for the unexpected or experimental.

COURSE REQUIREMENTS, POLICIES AND EXPECTATIONS

Cultivate Consistency and Congruency

Studies have shown that any new habit practiced for three months most naturally becomes a lifestyle change. I encourage you to use the opportunity of this course to try on yoga as a lifestyle by practicing everyday of the term. How, what aspect(s), and how long is a very personal matter. Do what is of most benefit to you each and every moment. Ideally, write your reflections, insights and responses to your practice daily.

Requirements

To deepen your learning experience you are required to:

- 1) attend two additional Yoga classes within Baun Fitness Center's Tiger X schedule during the time period: October 21- December 2, at least one of which is Sacred Space Yoga (Mondays 7-8pm);
- 2) submit journal with written reflections (see *Required Supplies and Materials*) after each class session, a total of minimum 15 entries/sessions);
- 3) view the required videos submitted on Canvas and submit a written reflection via email (clear instructions will be provided on Canvas);
- 4) submit a brief, concise, final reflection about your learning at the end of the course (clear instructions will be provided on Canvas).

Participation Policy

Attendance and participation is required for all scheduled classes. The instructor has the right to limit participation or restrict types of exercises that may cause injury or are considered unsafe by the instructor. Baun Fitness Center policies and procedures and UOP student code of conduct will be employed.

Attendance Policy

Perfect attendance is expected. Since class sessions include demonstration and practice of the techniques required for sequential learning, it is pertinent that you are fully present. Students are expected to be on time, with equipment set up and ready to begin. Students are expected to participate for the duration of the class. Students are required to make prior arrangements with the instructor if an unavoidable circumstance arises. Beyond three absences, the student will not earn a Pass credit for the course.

If you have to miss class, 1) e-mail me before the next class session explaining your absence 2) make up the session by attending one of the Yoga classes offered through Baun's Tiger X schedule 3) have the respective instructor sign a note confirming your participation in that class. Only this way will you be able to make up the absence.

Students should be informed that the three allotted absences are to accommodate illness, family events, transportation troubles, etc. Doctor appointments, advisor conferences, trips to supply stores & labs, employment, etc. should not be scheduled to conflict with class. Religious Observances cited in the handbook will be followed.

If you do not feel well enough to participate, please stay home. If you feel you may modify the poses and still want to attend, please talk with the instructor before class to alert of sickness or injury. Attendance is collected during the 5 minutes of class if later than 5 minutes, it is student responsibility to inform me after class to be marked correctly on the attendance sheet after class.

Tardiness is defined as arriving after 10:00am or departing before class has been formally dismissed by the teacher. Three tardies will be counted as one absence. Tardiness that exceeds thirty minutes will be counted as an absence. Each student is responsible for his/her own recorded attendance. If you are late it is your responsibility after that class session to make sure the teacher has you added to the roll.

TECHNOLOGY & MEDIA

Cell Phones: It is prohibited to use a cell phone in any way during class. Per university policy & classroom etiquette, mobile phones, iPods, computers, etc. must be off during class. Those not heeding this rule will receive an absence mark. If there is an emergency in which you need to keep your cell phone by your mat, acquire permission from instructor before class.

Email: Email is the preferred communication tool. Please check your university email regularly for important announcements pertaining to the class. When emailing me, please follow standard email conventions including addressing me & signing your communications. I check my email regularly & will try to answer your questions within one day (with the exception of weekends or holidays.)

REQUIRED MATERIALS AND PROCEDURES

A blank journal (can be on lined paper or unlined paper) and writing implement of your choosing, for writing personal reflection following each class session.
Comfortable workout clothes (shorts, t-shirts, warm-ups, yoga pants, athletic attire, NO jeans or cutoffs; please cover all midriffs). Form fitting/tucked in shirts recommended for ease of movement. Note: consistent inappropriate attire will affect the attendance/participation grade. Bare feet recommended during practice; socks and sweatshirt (or the like) for beginning and final sequences. Please no dangling jewelry, gum or perfume. Shoes and personal belongings are to be kept in the cubby area at all times.

Optional Supplies

Yoga mat (recommended), yoga blocks, yoga belts. We offer use of all of these items in class. Please use our wipes to clean borrowed mats after each class use.

SUGGESTED TEXTS

Light on Yoga, B.K.S. Iyengar

Yoga Mala: The Original Teachings of Ashtanga Yoga Master Sri K. Pattabhi Jois, Sri K. Pattabhi Jois

Jivamukti Yoga: Practices for Liberating Body and Soul, Sharon Gannon and David Life

Awakening the Spine, Vanda Scaravelli

Yoga: The Spirit and Practice of Moving Into Stillness, Erich Schiffmann

Autobiography of a Yogi, Paramahansa Yogananda

Note: Announcements and additional resources for your benefit will be posted periodically on the Canvas site for this course. It is your responsibility to view these notifications. Please feel free to contact me with any questions, concerns, or music suggestions.

Students with Disabilities

If you have a disability and/or special needs, please notify your instructor during the first week of class, either in person or by email. If you require accommodations, you will need to provide your instructor with an Accommodation Request Letter. To obtain an Accommodation Request Letter, please contact Mr. Daniel Nuss, Coordinator of the Office of Services for Students with Disabilities, Bannister Hall, Room 101. He can also be reached at ssd@pacific.edu or (209) 946-2879.

IMPORTANT DATES TO REMEMBER

Last Day to Add/Drop Classes:

September 6

Withdrawal Deadline:

October 31

Thanksgiving Break:

November 27-29

Please retain a copy of your syllabus. It is not only an outline of the course, it represents a contract between you, the instructor & the University.

Instructor Bio

Deanna Hunt has been practicing Yoga for over 30 years and teaching Yoga for 25 years. She has studied in the US and in Italy with masters Patabi Jois, Vanda Scaravelli and Sharon Gannon, as well as Erich Schiffman, Cheri Clampett and Scott Blossom. Drawing on Ashtanga, Iyengar and Therapeutic Yoga traditions, she weaves the gifts offered by her mentors into a potent and unique style of teaching. Yoga was a literal life-saver for Deanna during a series of traumatic health issues in her childhood and teenage years, through the form of Bhakti Yoga (devotion), pranayama (breath-work), and meditation. She began practicing Hatha Yoga (the yoga of movement) as an undergrad at Pacific. An inspiring teacher, Deanna brings into her classes joy, creativity and compassion derived from a lifetime of experience. Deanna's primary aim in teaching is to encourage others to live to their highest potential through a purposeful life of self-awareness, self-reliance and appreciation.

Lokah samastah sukhino bhavantu

*May all beings everywhere be happy and free,
and may the thoughts, words, and actions of my own life
contribute in some way to that happiness and to that freedom for all.*