

**Oxford College of Emory University**  
**Division of Physical Education and Dance**  
**PE 128 - Yoga**  
**Fall 2004**

**Instructor: Charles Medlin**  
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**MWF 9:35 - 10:25; 10:40 - 11:30; 3:05 - 3:55**  
**Office Hours: MWF 11:45 - 12:45**

**I. Course Description:**

This course is designed to present the basic principles of Yoga as a science of living in both its physical and spiritual aspects. The course will cover Yoga theory and philosophy, Yoga postures (*asanas*), Yogic breathing (*pranayama*), concentration (*pratyahara*), and meditation (*dhyana*)

**II. Course materials:**

Required text: *Total Yoga*, by Tara Fraser.

Additional required reading is on E-reserve at [www.Emory.edu](http://www.Emory.edu).\*

Students will be expected to take notes and be familiar with information presented during lectures and discussions.

Props: Students are required to obtain a yoga practice mat. Mats can be purchased from the Physical Education Department, or elsewhere. It is strongly recommended that students obtain a yoga block and strap for class and home practice. These props are readily available (Target, Wal-Mart, TJ Max) and reasonably priced. Blankets are provided for use during class only.

**III. Attire:**

Yoga is practiced barefoot. Shoes will be left at the room entrance. Any type of exercise wear, dance wear, or yoga wear is acceptable. Do not wear jeans or any other clothing which binds or restricts breathing, or which is overly loose or baggy. Do not wear loose or dangling jewelry. Students attending class in non-appropriate attire will be counted absent or late.

**IV. Course Objectives:**

Successful completion of this course will include:

- Familiarity with the history of Yoga and major texts from ancient to modern times.
- A basic comprehension of the theory and philosophy of Yoga as a science of living.
- Understanding and applying the basic concepts of Yoga practice.
- Practical knowledge of the *asanas* (poses) presented, and their English and Sanskrit names.
- Comprehension of anatomy and physiology as it applies to Yoga practice.
- Appreciation of the yogic lifestyle as it applies to health and well-being.
- Designing a well-rounded Yoga practice for yourself.
- Enjoying yourself!! Yoga should be fun and relaxing!

## **V. Course Requirements and Responsibilities:**

Students will attend and actively participate to the best of their abilities. Two absences are allowed, but not encouraged. Students are responsible for material presented in class whether present, or not. Additional absences will result in a 5 point reduction in final grade per each absence.

Extenuating circumstances must be discussed with the instructor by appointment, and will not excuse the absence. However, some make-ups for replacement credit may be allowed at the discretion of the instructor, if they are addressed promptly.

Class will begin at the stated time. Please be on time for class, either on your mat, or in a seat on lecture days. Tardiness is disruptive and unfair to your fellow students. If possible, come five minutes early to relax, stretch, and center yourself before class begins. Two late arrivals will count as one absence.

Students are responsible for all information presented or discussed in class. Some information presented during lectures may not appear in assigned reading or handouts. Note-taking is encouraged.

Students are expected to develop a personal practice outside of class and practice at least twice a week in addition to class participation. Students will keep a journal recording this practice, and will be asked to present this journal for evaluation.

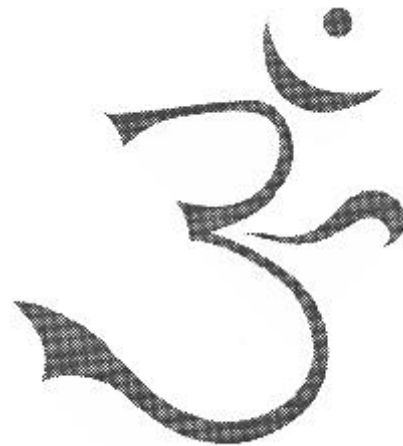
Do not bring food or drink into the classroom. Students bringing food or drink into the classroom will be asked to leave and counted absent or late.

## **VI. Evaluation Priority:**

1. Attendance/ Participation = 30%
2. Midterm exam (written) = 20%
3. Final exam (written) = 20%
4. Practice journal = 10%
5. Personal Practice Design = 10%
6. Practical performance = 10%

## **VII. Grading:**

- 100 - 90 = A
- 89 - 80 = B
- 79 - 70 = C
- 69 - 60 = D
- ≤ 60 = F



## **VIII. Calendar & Schedule:**

The included calendar is a general outline for the course. It is preliminary, and subject to change, except for exam and review dates. Journals are subject to review at any time, unannounced, so please be diligent about keeping up your journal.

Mondays will be spent demonstrating and discussing individual *asanas* in some depth.

Wednesdays will involve lectures and presentations on history, philosophy, lifestyle, and non-physical practice of yoga. Fridays will be straight Yoga practice as you might experience in a Yoga studio.

## **IX. Additional Resource Guide:**

The following Texts and resources may prove to be helpful. Texts marked \* are on E-reserve at: [www.emory.edu](http://www.emory.edu) in excerpted form, and should be read. Complete texts may be placed on reserve in the library. Additional reading or browsing in these texts is encouraged.

\**The Complete Illustrated Book of Yoga*; Swami Vishnu-Devananda,( Three Rivers Press, New York, NY, 1988)

\**Yoga the Iyengar Way*; Mira, Silva, and Shyam Mehta (Knopf, Maryland,1990)

\**Yoga the College Way: A Textbook for College Yoga*; Yvonne L. Banuet-Alvers

\* *The Sivananda Companion to Yoga*; The Sivananda Yoga Center (Fireside Books, NY)

*The Heart of Yoga: Developing a Personal Practice*, T.K.V Desikachar (Inner Traditions International, 1995)

*Journey Into Power*, Baron Baptiste (Fireside, New York,2002)

*Structural Yoga Therapy*, Mukunda Stiles (Weiser Books, Boston, 2000)

*Shambhala Encyclopedia of Yoga*, George Fuerstein

### Periodicals:

Yoga Journal  
[www.YogaJournal.com](http://www.YogaJournal.com)

Yoga International  
[www.yimag.org](http://www.yimag.org)

Many other resources are available at libraries and online. The bibliography in Total Yoga (course text) is very useful. You are encouraged to investigate and share any resources you find.

## How to get the most out of your Yoga class

- Arrive about five minutes early to allow yourself to settle in and align your attitude with the purpose of Yoga: quiet reflection, deep abdominal breathing, and centered mind.
- Don't eat for at least two hours before class. If you practice Yoga on a full stomach you may experience cramps or nausea, especially in the twists, forward bends, and inverted postures. Also, digestion takes energy, and can leave you feeling lethargic.
- Let our teacher know about any injuries or conditions (high or low blood pressure, glaucoma, detached retina, pregnancy, serious neck, back, disc problems) which might affect your practice. If you are injured, skip postures or ask the teacher to show you a modified version.
- Allow the postures to develop slowly, don't push yourself. You will go farther faster if you take a loving attitude toward yourself and work from where you are, not from where you think you should be, or where your neighbor is. Yoga is a journey, not a destination.
- Honor your body's uniqueness! We all have different body types, physical histories and natural abilities due to genetics, training, and habits. Yoga presents a method of exploring your body and an opportunity to become more aware. Some poses will come easier than others. Some will require effort and concentration.
- Try your best not to enter a class late or leave early. Don't talk to your neighbors since distractions prevent you from receiving the full benefits of the class. Try to ask questions before or after practice, rather than during, so as not to interrupt the flow of concentration.
- Take time after class to think about how you feel – body, mind, and spirit.
- Practice outside of class a couple of times a week, if only for 15 -30 minutes. You will see a world of difference.
- Minor pain and discomfort are part of any physical activity, and life in general. You will become more comfortable as you progress. However, extreme pain, shooting pain in the hip, shoulders, neck, or back, pinching along the spine, especially the lower back or neck should not be ignored. Consult the teacher or physician if you are having a problem.
- Some women experience discomfort during or after inverted poses while menstruating. Many or most teachers and Yoga professionals feel that inverted poses should be avoided during the first few days of the menstrual period. Many women disregard this and experience no discomfort. Alternate poses are available if you wish.

