

Yoga 100: Mastering Yoga

Fall 2018 Syllabus

General information:

Student Team:

- Lecturers: Shahren Mirzoyan, Vikash Raja, Jason Shi, Sophia Ding

Lectures: Friday 3:00 PM - 5:00 PM, RSF Combatives

Prerequisites: Ability to move and be open minded to painful stretches

Units: 2

Grading:

- 2 units. P/NP only. 70/100 points requires to pass the course
- Attendance counts towards roughly 55% of overall grade

Permission numbers: Will be distributed privately

Course Piazza: <https://piazza.com/berkeley/fall2018/yoga100/home>

Attendance Policy:

- Attendance will be taken in class. Each day counts for 5 points.

Late Submission Policy:

- 10% of total assignment grade will be deducted for every day it is turned in late.

Academic Honesty:

- Plagiarism will not be tolerated. Any evidence of cheating will result in immediate failure.
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Course Overview:

Welcome to Yoga 100: Mastering Yoga! This course is created to help you learn, appreciate, and most importantly, master yoga. Our objective is to broaden your perspective on the benefits of yoga and to help you develop your flexibility.