

Schedule

Part 1: Beginner Techniques

1	9/10	Introduction to Yoga: Beginner Techniques	Shahen Mirzoyan
2	9/17	Rejuvenating Energy: The Bridge Pose	Shahen Mirzoyan
3	9/24	Intro to Flexibility: The Cat Pose, Chair Pose, Cobra Pose	Shahen Mirzoyan, Sophia Ding

PART II: Flexibility

4	10/1	Learn to Love the Pain: The Big Toe Pose, Extended Triangle Pose	Vikash Raja, Jason Shi
5	10/8	Assignment 1: Flexibility Routine Showcase	Vikash Raja, Jason Shi

PART III: Strengthening

6	10/15	Feel the Burn! Core Routines	Sophia Ding
7	10/22	Planking for All: The Dolphin Plank, the Four-Limbed Pose	Vikash Raja
8	10/29	Arms Up: The Revolved Side Angle Pose, Side Plank Pose	Shahen Mirzoyan, Jason Shi
9	11/5	Become a Warrior: Warrior I Pose, Warrior II Pose,	Sophia Ding height

Assignments

ASSIGNMENT 1: Develop Your Own Flexibility Routine (20 points) Due: 10/8 in class

ASSIGNMENT 2: Develop Your Own Strengthening Routine (25 points,) Due: 12/1/18 in class