



SYLLABUS

Yoga | Spring 2020

INSTRUCTOR: *Angelika Nemeth* Email: AngelikaNemeth@cox.net 714-293-2182 Cell
OFFICE HOURS - By Appointment

Introduction to Yoga	DNCE 46 #64830A	2 units	M+W 5:30p-7:20p	PE 160
Raja Yoga-Hatha Yoga	DNCE 47 #64830G	2 units	M+W 5:30p-7:20p	PE 160
Yoga-Contemporary & Traditional Forms	DNCE 48 #64830D	2 units	M+W 5:30p-7:20p	PE 160

DNCE 46 Survey course emphasizing physical exercises, postures, breathing and deep relaxation techniques intended to reduce stress; improve concentration, circulation, flexibility, and strength; and unify body, mind and spirit. For dancers and non-dancers
DNCE 47 Investigates and provides practice of Hatha Yoga principles as part of Raja Yoga. Emphasizes physical postures (asana) and associated breathing techniques promoting wellness. For dancers and non-dancers.
DNCE 48 Incorporates traditional mind, body and spirit exercises and paths; and compares these with current styles of yoga and other holistic methods that have evolved from yoga. It also includes breathing and relaxation. For dancers and non-dancers.

STUDENT LEARNING OBJECTIVES

Upon completion the student will be able to:
DNCE 46 Demonstrate proper pre-warm-up and warm-up exercises needed to prepare for yoga practice.
DNCE 47 Identify, analyze, and discuss historical, cultural, traditional and philosophical principles of Hatha Yoga.
DNCE 48 Identify breathing techniques. Select & demonstrate appropriate breathing techniques for different exercises.

CLASS POLICIES

- Leave valuables at home
- No cell phone use unless approved by instructor
- Bring notebook, paper, pencil/pen to class
- NO GUM, FOOD OR OPEN DRINK ALLOWED IN STUDIO
- Bring a water bottle with a “sipper tip” or "pop-top"
- Be on time, appropriately dressed, ready to work by class start-time
- DRESS POLICY: If necessary, you can change in locker room prior to class
 - a) Layered dancewear or fitness / yoga clothes that allow for full body movement
 - b) No street clothes - especially no jeans, dresses or nylons
 - c) Bare feet preferred; No tennis shoes or dance shoes
 - d) Secure hair out of your face; No dangling jewelry
- Bring large and small towel(s) to each class if needed
- Do not use body lotions, perfumes, or oils on your skin prior to class. They deteriorate the mats.
- Part of movement training includes physically adjusting bone alignment. If you are uncomfortable with this, please make arrangements with me privately so that you can get feedback within your comfort zone.
- If leaving class early do so before we start the final relaxation pose or *Shavasana*
- If you do not understand anything presented in class, please contact me.

SUGGESTED TEXTBOOKS

Long, Ray, MD FRCSC, *The Key Poses of Yoga*, Bandha Yoga Publications LLC
 Kaminoff, Leslie & Matthews, Amy, *YOGA Anatomy*, 2nd Ed., Human Kinetics, 2007
 Sovik, Rolf, *Moving Inward; The Journey to Meditation*, Himalayan Institute Press, 2005
 Desikachar, T.K.V., *The Heart of Yoga: Developing a Personal Practice*, Inner Traditions International, 1995

GRADING

Letter Grade or Pass / No Pass Option If you decide to take the P/NP option, file by the deadline: Th-FEB 20
In my class the requirements for the two types of grading are the same. The P/NP option does not affect your grade point average and allows units if your work is "C" quality or better.

Dropping It's your responsibility to officially drop if you stop attending class. However, a teacher may drop a student after 3 consecutive absences or after 6 absences. The privilege of class re-entry will be on an individual basis.

New (FW grade) Students who are still officially enrolled past the withdrawal deadline (Th-APR 9) and who have been excessively absent may be assigned a FW grade. The FW counts the same as a F grade in the grade point average, but denotes you stopped attending class and did not fail due to lack of mastery of the course material. The FW grade may impact eligibility for some types of financial aid. (See the Financial Aid Office)

1) PARTICIPATION (30 %)

- To qualify for an "A" in participation—only 2 absences allowed.
- Any class missed is an absence. Doctor's notes do not excuse an absence.
- Arriving after class begins or leaving early is considered late and is one tardy. Arriving more than 30 minutes late or leaving more than 30 minutes early is two (2) tardies. Three (3) tardies equal one absence.
- Consistent lateness or consistent leaving early may result in a failing grade.
- If late, enter class quietly and do a warm-up first .
- Two make-ups allowed if done within 3 weeks of the absence.
 - a) Obtain a "Class Observation Form" from me
 - b) Visit another dance or body conditioning class with that instructor's permission
 - c) At the end of the class ask the instructor to sign the "Class Observation Form"
 - d) Return filled-in and signed "Class Observation/Make up Form" to me
- If not feeling well enough to participate, sit-out, actively observe & turn in the "Class Observation Form".
- Report injuries to me in order to discuss modifications & the advisability of continuing in the class
- If you stop attending, it is your responsibility to drop the class before the deadline: Th-APR 9

2) CLASS INVOLVEMENT (20 %) requires:

- Consistency of effort & attitude
- Completion of class assignments.
- Wearing proper clothing
- Being punctual and remaining for the entire class. Use restroom when necessary. What is covered in the lecture component must be heard, seen, and absorbed by being in class. Yoga skills are achieved with consistent participation and focused work.
- Asana (Pose) execution indicating an understanding of the concepts presented
- Improvement in areas of course objectives

3) TWO ASSIGNMENTS (20 %) • Two written assignments: TBA

4) TWO FINALS (30 %) •Written: Date TBA •Demo on terms & postures: M & W: Date TBA

EXTRA CREDIT

Gratitude or Class Experience Journal, IVC Dance Concert attendance with a written review

Percentages for LETTER GRADE and PASS / NO PASS

30%—PARTICIPATION	20%—ASSIGNMENTS
20%—CLASS INVOLVEMENT	30%—FINALS