

LBCC IN-PERSON Yoga Strength Syllabus

Winter Term 2021

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CRN 32309 1.0 P.E. Credit
Face-to-face in Benton Center Room 130, Corvallis
January 4th through March 3rd, 2021
Mondays and Wednesdays, 7:00-8:40pm, 9 weeks

Course Format

This Yoga Strength course is fully **face-to-face (in person)**, until and/or unless LBCC changes face-to-face courses to be fully online due to rising Covid-19 cases in the area. If this the case, you must have a computer and reliable internet in order to stream pre-recorded yoga videos and submit a google survey form of your weekly completed yoga hours. You will need to be able to login to Moodle, which houses all of the videos and online course content. More information will follow, if we go to a fully online course format. In Moodle, you will currently see this course cross-listed with Yoga CRN 32701 and Yoga Strength CRN 30977, two full online yoga courses. Don't let that confuse you. I am teaching all three courses. There are no online requirements for you if you attend the in-person classes.

With the face-to-face course format, students and the instructor will maintain social distance of 6 feet or more at all times. Students and the instructor will be required to wear a face mask at all times. Students refusing to wear a face mask and/or face shield will be dropped from the course immediately and will be asked to leave the premises. Note: a face mask without a ventilator is preferred, as studies show that they are less likely to spread Covid-19.

In the event that the instructor contracts a mild case of Covid-19 or is exposed to someone that tests positive for Covid-19 and is forced into a 10-day quarantine, the instructor will either have a sub or will temporarily switch to the online format. Students will record their completed yoga hours at home by filling out a google survey form the instructor provides.

Objectives

- Improve and deepen and your own yoga practice
- Gain some amount of strength, flexibility, endurance, and kinesthetic awareness
- Learn about yoga history and philosophy
- Study and practice Asanas (postures), modifications, and Sanskrit terms
- Try meditation
- Learn about anatomy, major muscle groups, body mechanics, and technique
- Feel "zen" from yoga practice

Grading Grading is 100% based on participation and effort.

Attendance/Effort	Absences	Percentage
A	0-1	90-100 %
B	2-3	80-89 %
C	4-5	70-79 %
D	6-7	60-69 %
F	8 or more	0-59%

Grading Options

- **Letter Grade** – A through F. Only whole letter grades can be assigned, for example B and not B+.
- **Pass/No Pass** – The student must receive a grade of C or better to pass the class and receive credit. If the student receives an A, the instructor will automatically record an A instead of a Pass, if this is possible in Web Grading.
- **Audit** – The student takes the class recreationally, will not be evaluated, and does not receive credit.

Inform me of your grading option and **verify it online or by calling the registrar** by the second week of the term. I cannot change your grade option online. You must do it yourself.

Dress Code

Dress in comfortable, stretchy exercise clothing and wear layers. Tie long hair back, limit jewelry, and have a water bottle handy. **Get your own sticky yoga mat.** (Sticky, yoga mats that are ¼” thick or more offer the most padding. You can place an extra yoga mat under your mat if you prefer a softer surface and/or are doing yoga on hard floor. New mats may seem oily and slippery, until slightly worn in. Air out new mats. Silence or turn off cell phones, and leave them in the cubby.

Participation/Effort

Yoga class consists of a regular yoga practice and a lecture/demonstration. Regular attendance and participation are required. You may not leave until class is dismissed. If you must leave early for a special reason, please inform the instructor before class begins. Excessive tardiness and/or leaving early negatively impacts the Effort grade.

If you are exposed to someone with Covid-19 or contract a mild case of Covid-19, do not come to class. When you are able, make-up your missed classes by doing the same number of hours of yoga videos at home. Inform the instructor of how many hours you made up. This is based on the Honor Code. If you contract a severe case of Covid-19, again, do not come to class. If it looks like you will fail the course based on your classes attended to date, you have two options. The first option is to take notes while watching online yoga videos and submitting the notes to your instructor, for full attendance points. The second option is to ask for a medical waiver in order to drop the course without penalty. Doing so will result in zero credits earned.

Each student will earn points for each complete class attended. One excused absence for illness with a doctor's note will be permitted; however, please try to keep doctor's visits virtual during mandated social distancing. Students that are injured or slightly ill may watch yoga videos at home without losing Participation points. In this case, the student must take digital or paper and pen notes while watching the video and explain what they learned from watching. Submit the notes via email by the last class of the term.

Evaluation of Attendance and Effort

Although points are the determining factor of the Attendance grade, Effort is a large part of the over-all grade as well. Effort will determine how successful students are in the class.

Students working toward an A grade exhibit the following characteristics:

- always on time and ready for yoga
- have an excellent attitude
- work to their fullest potential
- participate in the entire class
- regularly check in with the instructor with any questions, comments, and/or concerns
- show improvement in yoga asanas, strength, flexibility, endurance, and kinesthetic awareness

Effort/Checking in

It is your responsibility to check in with me. Please call or email me, if you have any questions, comments, or concerns, earlier rather than later. I'm better able to help you, if I'm aware of your issue.

Make-up Classes

Students may make-up missed classes by doing yoga videos at home and emailing the instructor the name of the yoga video, a link to it, how much time was made-up, and a quick reflection of how it went. If you know you won't have enough time to complete your yoga requirements in a future week, you may make it up ahead of time. For example, if you know you will be missing class(es), you may double-up during any week preceding week, by doing yoga both in class and at home.

Extra Credit

Students may receive extra credit by writing a paper. An "A" paper makes up for one missed class. It's easier to just participate in class; however, extenuating circumstances do happen from time to time.

Paper must be:

- 2-3 pages
- Typed, double-spaced
- Email your paper by the last class, which is March 3rd. Late papers will not be accepted.

Paper Options:

1. A reflection of one's own yoga practice, touching upon personal discoveries, strengths and weaknesses, mental focus, favorite poses, and attitude.

Suggested Reflection Questions:

- What are your strengths and weaknesses?
 - What are your goals?
 - Where have you noticed improvement?
 - Have you learned anything new about yourself?
 - How is your mental focus and attitude before, during, and after yoga class?
 - Where do you see yoga, if at all, in your future?
2. A reflection on a different yoga class attended, describing the style of class, which asanas were done, new cues or asanas learned, and the overall impression of the class.

3. Any aspect of yoga which may interest you, such as: yoga history, meditation, yoga styles, the yoga movement in the US, or a famous yogini, for example. Submit original writing and cite your sources in either APA or MLA format.

Returning Students

Students may repeat yoga for credit.

Optional Reading

- Subscription to *Yoga Journal* or www.yogajournal.com
- *Yoga: A Yoga Journal Book* by Linda Sparrowe (Paperback)
- *The Anatomy Coloring Book* by Wynn Kapit and Lawrence M. Elson (Paperback)
- *Structural Yoga Therapy* by Mukunda Stiles
- *Scientific Keys Volume 1: The Key Muscles of Hatha Yoga* by Ray Long and Illustrated by Chris Macivor (Spiral-bound)
- *The Yoga Practice Guide, Dynamic Sequencing for Home Practice and Teachers* by Bruce Bowditch (Spiral-bound)
- *The Yoga Asana Index, A Complete Index of Hatha Yoga Postures* by Bruce Bowditch (Spiralbound)

Changes to the Syllabus

I reserve the right to change the contents of this syllabus due to unforeseen circumstances. You will be given notice of relevant changes in class, via Moodle, and/or through your LBCC email.

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in the class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations but are not yet registered with CFAR, please visit the [CFAR Website](#) for steps on how to apply for services or call 541 9174789.

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to contact the Roadrunner Resource Center for support (resources@linnbenton.edu, or visit us on the web www.linnbenton.edu/RRC under Student Support for Current Students). The office can help students get connected to resources to help. Furthermore, please notify the professor if you are comfortable in doing so. This will enable her to provide any resources that she may possess.

Sanskrit Yoga Terms

Standing Asanas			
	Sanskrit Term	English Term	Pronunciation
1.	Tadasana	Mountain Pose	tah-DAHS- ahna
2.	Samasthiti	Standing in attention Pose	SAHM-ahs-thee-tee
3.	Utkatasana	Awkward Chair Pose	OOT-kah-TAHS-ahna
4.	Ardha Utkatasana	Half Awkward Chair Pose	ARE-dah OOT-kah-TAHS-ahna
5.	Uttanasana	Standing Forward Bend	OOT-tan-AHS-ahna
6.	Utthita Trikonasana	Extended Triangle Pose	oo-TEE-tah trik-cone-AHS-ahna
7.	Parivrtta Trikonasana	Revolved Triangle Pose	par-ee-VRIT-tah trik-cone-AHS-ahna
8.	Utthita Parsvakonasana	Extended Side Angle Pose	oo-TEE-tah parsh-vah-cone-AHSahna
9.	Parivrtta Parsvakonasana	Revolved Side Angle Pose	par-ee-VRIT-tah parsh-vah-cone-AHS-ahna
10.	Parsvottanasana	Intense Chest Stretch	parsh-voh-tan-AHS-ahna
11.	Prasarita Padottanasana	Wide-Legged Forward Bend	pra-sa-REE-tah PAH-doh-tan-AHS-ahna
12.	Virabhadrasana I	Warrior I Pose	veer-ah-bah-DRAHS-ahna one
13.	Virabhadrasana II	Warrior II Pose	veer-ah-bah-DRAHS-ahna two
14.	Virabhadrasana III*	Warrior III Pose	veer-ah-bah-DRAHS-ahna three
* more advanced poses			

Surya Namaskar (Sun Salutations)			
15.	Surya Namaskar A	Sun Salutation A (sequence)	SIR-ya NAHM-ahs-car A
16.	Surya Namaskar B	Sun Salutation B (sequence)	SIR-ya NAHM-ahs-car B
17.	Adho Mukha Dandasana	Plank (Downward Facing Staff Pose)	AH-doh MOO-kah don-DAHS-ahna
18.	Chaturanga Dandasana	Four-Limbed Staff Pose	Chaht-tour-ANG-ah don-DAHS-ahna
19.	Adho Mukha Svanasana	Downward-Facing Dog	AH-doh MOO-kah shvah-NAHS-ahna
20.	Urdhva Mukha Svanasana	Upward-Facing Dog	ERD-vah MOO-kah shvon-AHS-ahna
21.	Bhujangasana	Cobra Pose	Boo-jang-GAHS-ahna

Standing Balances			
22.	Vrksasana	Tree Pose	vreek-SHAHS-ahna
23.	Garudasana*	Eagle Pose	gah-rue-DAHS-ahna
24.	Ardha Chandrasana	Half Moon Pose	ARE-dah chan-DRAHS-ahna
25.	Parivrtta Ardha Chandrasana	Revolved Half Moon	par-ee-VRIT-tah are dah SHAHN dros-ahna
26.	Utthita Hasta Padangustasana	Extended Hand Foot Big Toe Pose	oo-TEE-tah hahsta PA-dang-goosetahs-ahna
27.	Natarajasana*	Dancer's Pose	not-ah-raj-AHS-ahna
28.	Urdhva Prasarita Eka Padasana*	Standing Splits	ERD-vah pra-sa-REE-tah ehka pah-DOHS-ahna

Seated Forward Bends and Twists			
29.	Dandasana	Seated Staff Pose	dahn-dohs-ahna
30.	Paschimottanasana	Seated Forward Bend	POSH-ee-moh-tan-AHS-ahna
31.	Janu Sirsanana I	Head-to-Knee Pose	JAH-new shear-SHAHS-ahna
32.	Trianga Mukhaikapada Paschimottanasana	One Leg Folded Back Forward Bend	TREE-ahnga mooka-kah-pod-ah POSH-ee-moh-tan-AHS-ahna
33.	Supta Padangustasana	Laying Down Foot Big Toe pose	SOUP-tah PAD-ang-goose-TAHSahna
34.	Ardha Matsyendrasana	Half Lord of the Fishes Pose	ARE-dah MOT-see-en-DRAHS-ahna
35.	Jathara Parivartanasana	Revolved Belly Twist	Juh-thar-rah PARI-var-tahn-ahsahna
36.	Parivrtta Padmasana*	Revolved Lotus Twist (see 41.)	par-ee-VRIT-tah POD-moss-ahna

Seated Hip, Groin, and Leg Openers			
37.	Balasana	Child's Pose	bah-LAHS-ahna
38.	Ananda Balasana	Happy Baby Pose	AHN-an-DAH bah-LAHS-ahna
39.	Sukhasana	Easy Pose	SUE-kahs-ahna
40.	Virasana	Seated Hero Pose (see 78.)	veer-AHS-ahna
41.	Padmasana*	Lotus Pose (see 36.)	pod-MAHS-ahna
42.	Gomukasana	Cow Face Pose	go-moo-KAHS-ahna
43.	Baddha Konasana	Bound Angle Pose (see 79.)	BAH-dah cone-AHS-ahna

Seated Hip, Groin, and Leg Openers continued

44.	Upavistha Konasana	Wide-Angle Seated Forward Bend (see 46.)	oo-pah-VEESH-tah cone-AHSahna
45.	Parivrtta Surya Yantrasana	Sun Dial Pose (compass pose)	par-ee-VRIT-tah SIR-ya YAHNtrahs-ahna
46.	Supta Konasana	Laying Back Wide Angle Pose (see 44.)	soup-TAH CONE-ahs-ahna
47.	Eka Pada Raja Kapotasana I	One-Legged King Pigeon Pose (Pigeon Pose)	aa-KAH pah DAH rah poh-TAHS-ahna - JAH-cop-
48.	Eka Pada Raja Kapotasana II	Crescent Moon Lunge (Pigeon Pose w/bent back knee)	EHKA POD-ah ROJ-ah CAP-oTAHS-ahna
49.	Samakonasana*	Sideways Splits	Somma-cone-ahs-ahna
50.	Hanumanasana*	Monkey God Pose (splits)	hah-new-mahn-AHS-ahna

Backbends

51.	Ustrasana	Camel Pose	oosh-TRAHS-ahna
52.	Dhanurasana*	Bow Pose	don-your-AHS-ahna
53.	Urdhva Dhanurasana*	Wheel (Upward-facing Bow Pose)	ERD-vah DON-your-AHS-ahna
54.	Setu Bandhasana	Bridge Pose	SAY-two BOHN-dahs-ahna
55.	Eka Pada Setu Bandhasana	One-Legged Bridge Pose	EHKA POD-ah SAY-two BOHNdahs-ahna
56.	Matsyasana	Fish Pose	mot-see-AHS ahna
57.	Salabasana	Locust Pose	sha-la-BAHS-ahna

Advanced Postures and Arm Balances

58.	Bhujapidasana	Shoulder-Pressing Pose	BOO-jah-PEE-dahs-ahna
59.	Bakasana	Crane Pose	BAH-kos-ahna
60.	Parsva Bakasana	Side Crane	PARSH-vah BAH-kos-ahna
61.	Eka Pada Koundinyasana I	Scissors Pose	EHKA POD-ah COON-din-ahs-ahna one
62.	Eka Pada Koundinyasana II	Flying Splits	EHKA POD-ah COON-din-yahs-ahna two

Inversions			
63.	Salamba Sarvangasana	Supported Shoulder Stand	sah-LOM-bah sar-van-GAHS-ahna
64.	Halasana	Plow Pose	hah-LAHS-ahna
65.	Karnapidasana	Head-to-Knee Pose	KARNAH-pee-DOHS-ahna
66.	Salamba Sirsasana	Supported Headstand	sah-LOM-bah shear-SHAHS-ahna
67.	Adho Mukha Vrksasana	Handstand	AH-doh MOO-kah vreek-SHAHS-ahna
68.	Pinchamayurasana*	Forearm Balance	PINCH-ah-my-your-AHS-ahna

Miscellaneous			
69.	Bitilasana	Cow Pose	Bit-ee-lahs-ahna
70.	Marjariasana	Cat Pose	MAR-jar-ee-ahs-ahna
71.	Parighasana	Gate Pose	PAR-ee-gahs-ahna
72.	Paripurna Navasana	Full Boat Pose	par-ee-POOR-nah nah-VAHSahna
73.	Vasisthasana	Side Plank Pose	vah-seesh-TAHS-ahna
74.	Purvottanasana	Intense East Stretch/Inclined Plane	Pour-VOH-tahn-ahs-ahna
75.	Urdhva Hastasana	Upward Reaching Arms	ERD-vah has-TAS-ahn-a
76.	Anjali Mudra	Hands in Prayer Position	AHN-jaw-lee MOO-drah
77.	Makarasana	Dolphin Pose	MAHK-ah-ROSS-ahn-a

Restorative Postures			
78.	Supta Virasana	Reclining Hero or Heroine Pose (see 40.)	soup-TAH veer-AHS-ahna
79.	Supta Baddha Konasana	Reclining Bound Angle Pose (see 43.)	soup-TAH BAH-dah cone-AHS-ahna
80.	Viparita Karani	Legs-Up-the-Wall Pose	vip-par-ee-tah car-AHN-ee
81.	Savasana	Corpse Pose/Final Relaxation Pose	Shah-VOS-ahna

Visit Yoga Journal's website at: http://www.yogajournal.com/poses/finder/browse_index for a wealth of information on these asanas, as well as asanas not listed here.

For yoga flashcards, visit quizlet.com/6113255/flashcards. You'll see Sanskrit and English names of the poses, as well as photographs.