COURSE NUMBER AND TITLE: PEAC 1294-01
SEMESTER/YEAR: Fall 2006

CLASS TIME: 5:10 p.m. - 6:00p.m.  MW  ROOM:  CE 217

INSTRUCTORS NAME: PATRICIA HAYDEN
INSTRUCTORS PHONE: 265-6594

COURSE DESCRIPTION: A basic course in Yoga covering the yoga postures, some breathwork, meditation, and relaxation. A simple yoga class will go a long way toward retaining optimal health.

EXTENDED COURSE DESCRIPTION: Beginning with a simple approach to mastering the basic yoga postures (asanas) and including working with the breath, some meditation techniques as well as relaxation. Moving on to learning and attempting to master the Sun Salutation. The early sequences will give a good understanding of the body and the challenge will become not only to train the muscles and joints but also to refine the students’ awareness of the body. We will move on to more advanced postures and a broader understanding of the students’ potential.

GOAL: The student will gain strength, flexibility and balance for the physical body and will also gain a better understanding of the relationship between body, breath, mind and spirit.

OUTCOMES: This course is designed to create more flexibility and strength for the student. To heighten the students awareness of the body and also to create harmony of body, mind, and spirit. This course is designed to help the student be more at ease and able to relax.

METHODOLOGY: Teaching the classical YOGA postures, hand-outs, recommendation of videos and reading material.

EVALUATION CRITERIA: Learning the YOGA postures and practicing the different postures will be the major percentage of the grade, therefore attendance is required for a passing grade. Understanding a brief overview of yoga philosophy, the importance of the breath and a clearer sense of being present in the moment will also be taken into account.

REQUIREMENTS: Refer to the handout YOGA 101 written by the teacher, Patricia Hayden. It will be helpful to have your own YOGA mat, however, it is not a requirement.

CLASS POLICIES:
Last Date to Change to Audit Status: See current Casper College catalog.
Last Date to Withdraw With a W Grade: See current Casper College catalog.

STUDENT’S RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.
Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty – Cheating and Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to the instructor at your earliest convenience.