KINE 104 Yoga

Instructor: Kelly Charles
Office: Adair Hall, Room 303B
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Course Description
This is a beginning yoga class. The class focus is on the practice of postures. Strength, flexibility and the ability to relax are developed. In this course postures are adapted to suit all abilities and body types.

Course Credit
1 credit hour

Pre-Requisite
An open mind and a desire to learn and practice.

Course Objectives
Upon completion of the course the student will be able to:
- demonstrate the basic yoga postures in and out of sequence
- describe the proper body alignment for the basic yoga postures
- demonstrate increase in personal strength and flexibility (i.e. demonstrate improvement in these areas)
- demonstrate relaxation techniques

Course Content
This course will include:
- basic yoga poses
- relaxation sequences
- sequences of postures that students will be encouraged to practice daily

Course Evaluation
Student must pass in all three areas to receive a passing grade.

1. Attendance: YOU MUST BE HERE! Students are expected to be at all scheduled class meetings. Students receive academic credit for participating in activity classes. More than two absences constitutes a FAILING GRADE! These absences should be reserved by the student in cases of illness, job interviews and other emergencies. There are no “excused” absences. Students who have valid medical excuses may be advised to withdraw, take a medical withdrawal or in rare cases, take an incomplete. The instructor will base this decision on individual circumstances. BE HERE ON TIME!! If you come in after attendance, it is your
responsibility to come to the instructor and advise him/her of your presence. If you come in late or leave early, you receive ½ credit for attendance that day.

2. Participation: Students are expected to participate in all class activities.

3. At the end of the course, each student will demonstrate proficiency in the postures and pass a written test.

**Required Items**
Bare feet/footless tights/pants that allow freedom of movement.

**NO SHORTS PLEASE!**

**Text**
Course handouts

**Recommended Text**
Yoga, the Iyengar Way, SM & S Metha; Knopf.

NOTE: Remember that active participation is a must!!