**Valencia College**

**Course Syllabus**

**HATHA YOGA 2 Credit Course**

**Spring 2020 Spring Term**

**25248, 25250, 27994**

**January 6 - April 26, 2020**

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| **Instructor:**  Subhas T. Rampersaud  **Contact Information:**  **Email:** [srampersaud1@valenciacollege.edu](mailto:srampersaud1@valenciacollege.edu)  Office 11-213, West  407-582-1214  Dept. 407-582-1203  Students can reach me directly by email or by calling my office phone above. If your call is unanswered, please leave a message. | **Class Meeting Days/Times**:  CRN 25250, MW 10:00am. -10:50am.  CRN 25248, TR- 11:30 am.-12:20 pm  Late Start;  CRN 27794, TR. 10:00 am- 10:50 am  West Campus  HSB 123 (by the Fitness Center)  Final Exam Week: April 20-26,2020. |

**Course Description**

Students will learn the fundamentals of a complete yoga practice by studying postures, breathing exercises, history and principles of the yoga method. This course will provide yoga skills to assist students in improving overall health and wellness.

This course is also designed to introduce you to a stream of Yoga known as *Hatha* Yoga. Additionally some of the philosophical aspects and other streams of Yoga will be discussed.

**What will you learn?**

Students will learn the fundamentals of a complete yoga practice by studying postures, breathing exercises, history and principles of the yoga method. This course will provide yoga skills to assist in improving your overall health and wellness.

One of the purposes of the course is to introduce flexibility by removing stiffness of joints and muscles which will improve the flow of energy within your body. Your alertness, concentration and relaxation skills will also be enhanced. Emphasis will be placed on the following:

* Series of stretches, with emphasis on lateral stretches, spinal and abdominal stretches
* Head, Neck and Shoulder movements
* A series of forward bending poses/*asanas*
* A series of backward bending poses/*asanas*
* Standing poses/*asanas*
* Balancing poses/*asanas*
* Sun Salutation Series
* Introductions to inverted poses/*asanas*
* Stilling the physical body. Learning to sit in meditative postures
* Working with the breath and developing concentration
* Relaxation techniques and calming the mind
* Yoga and Stress Management.

Given that this is an introductory class, the emphasis is less on refining techniques and more on developing awareness of the integration of your body, mind and breath. In addition , you will learn to cultivate habits and learn techniques which will help you to manage day-to-day stresses.

While the yoga sessions are intended to develop physical strength and discipline, and therefore lead to overall physical health and well-being, at deeper levels they are aimed at enhancing your awareness and concentration skills. You are guided to work within your limitations and to practice counter-poses. Initially the attention is placed on physical (muscular, sensations and breath), and gradually shifts to the subtler levels, mental, psychological and emotional aspects. To this end many sessions introduce relaxation and breathing techniques, which would allow you to become aware of your internal environment (listening to one’s body, awareness of thoughts, alertness, emotions, etc.)

Additionally, the physiological aspects are introduced, with a focus on the major organs, skeletal and endocrinal systems which are influenced by yoga practice. Awareness of your breath and its function is emphasized.

The classes consist of a healthy mix of gentle and dynamic stretches and poses, talks on Yoga related subjects, including stress management, relaxation techniques, health & wellness, and Ayurveda, Yoga sister health science.

**Valencia Student Core Competencies**

This course seeks to reinforce the following Valencia Student Competencies:

* **Think** clearly and critically byanalyzing, synthesizing and integrating instructions and demonstrations, mini-lectures on cultivating healthy attitudes and habits, awareness of one’s self and environment.
* **Values:** The ethical precepts upon which Yoga is premised, the *yamas* and *niyamas* are introduced with the purpose of bringing awareness to the kinds of values which guide our behavior and how we relate to others from individual, cultural and global perspectives.
* **Communicate** by listening to and following the instructions and demonstrations. Ask questions if uncertain and pay attention to your body and its limitations. Every class involves a centering and relaxation practice. If you have specific health conditions, pay keen attention to changes in your conditions.
* **Act** reflectively and be conscious of your thoughts, emotions and movements with the purpose of extending that awareness beyond the classroom.
* You are encouraged to journal your experiences, to develop and maintain a personal practice which would aid in enhancing you concentration and maintain flexibility of body and mind.

**Valencia Student Core Competencies can be found at;** <http://valenciacollege.edu/competencies/>

**Attendance Policy**

* Attendance is taken at start of every class.
* Given that this course is primarily activity based, attendance is mandatory. Missing more **than 3 classes** will negatively affect your final grade.
* You may be asked to substantiate absences.
* Tardiness: Entering the class late is disruptive. Repeated late arrivals will negatively affect your grades. Leaving the class early is equally disruptive and you will be required to inform me before class starts, (Urgent situations excepted).

**College Withdrawal Policy**

**Withdrawal Policy (New)**

The Withdrawal Deadline for each term is published in the Academic Calendar online.

Please note:

* After the withdrawal deadline each semester, **students can no longer withdraw themselves.**
* Faculty can withdraw students for a W *after* the deadline **only for excessive absences. I will not withdraw anyone for excessive absences. That would be the responsibility of the individual student.**
* I do not plan to withdraw students.

For a complete policy and procedure overview: [http://valenciacollege.edu/generalcounsel/policy/default.cfm?policyID=75&volumeID\_1=4&navst=0](https://webmail.valenciacollege.edu/owa/redir.aspx?C=722dfd3803e9406cb8ffcf1a6c017458&URL=http%3a%2f%2fvalenciacollege.edu%2fgeneralcounsel%2fpolicy%2fdefault.cfm%3fpolicyID%3d75%26volumeID_1%3d4%26navst%3d0)

**“No Show” Status**

Class attendance is required beginning with the first class meeting. If you do not attend the first class meeting, you may be withdrawn from the class as a “no show.” If you are withdrawn as a “no show,” you will be financially responsible for the class and a “W” will appear on your transcript for the course.

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| **No Show Period** | **Withdrawal Deadline**  **(To receive a 'W')** |
| Jan 14-23, 2020  Feb 18-27 for Late start | Friday, March 20, 2020  April 3 for Late Start semester |

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| **College Closed ( Credit Classes Do Not Meet)** | |
| **Jan. 20. 2020**  **Feb. 14, 2020**  **March 9-15, 2020** | MLK  Learning Day  Spring Break |

**Grading scale**:

90 – 100% = A

80 – 89% = B

70 – 79% = C

60 – 69% = D

Below 60% = F

**How will I be graded?**

**Grades will be assigned as follows:**

* Attendance and class participation 75%
* Written assignment (see below). 15%
* Practical Exam 10%
* Given that this course is primarily activity based, attendance is mandatory.
* Assessment is on- going with practical examination at end of the course.

**Final Practical Exam & Make-Up Policy**

The final examination in this course is worth 10% of your grade. Any student not completing the examination will receive a 0/10% and this will impact the final average in the course.  
See policy Final Exam Policy at:

[http://valenciacollege.edu/generalcounsel/policy/default.cfm?policyID=75&volumeID\_1=4&navst=0](https://webmail.valenciacollege.edu/owa/redir.aspx?C=722dfd3803e9406cb8ffcf1a6c017458&URL=http%3a%2f%2fvalenciacollege.edu%2fgeneralcounsel%2fpolicy%2fdefault.cfm%3fpolicyID%3d75%26volumeID_1%3d4%26navst%3d0)

* In cases of documented emergencies, (as per Valencia Community College Policy), make up exam may be arranged with my consent**.**

**Written Assignment: Developing a Personal Awareness Practice Project**

**Course Assignment: Choose and practice one *yama* and one *niyama* for four weeks, and write a reflective/research paper of your experience.**

**Objectives of the project**

This term project has three objectives:

1. Learn about the yamas and niyamas as foundational tenets of Yoga philosophy
2. Learn how the yamas and niyamas guide our awareness and behavior.
3. Cultivate personal discipline through strict observance of one yama and one niyama for one month.

Your paper will be 1200-1500 words in length.

* **Your assignment will be submitted to me in person, or via your Atlas account,** [**srampersaud1@valenciacollege.edu**](mailto:srampersaud1@valenciacollege.edu)
* **Paper will be type written, double spaced and in 12 points font, Times Roman Numerals. More details provided on the essay prompt/rubric.**

**Due Dates for Assignment:**

**March 4, 2020 for MW classes**

**March 5,2020 for TR clasees**

*\* Late submissions may not be accepted.*

**Earn Extra Credits**

Service learning, referred to as *karma yoga*, is an important aspect of Yoga.

You can earn up to 5 % by engaging in volunteer work (throughout the semester) in community / charitable organizations.

* You must show proof of your active volunteer service (picture of you engaged (where applicable) and a letter or email from your supervisor).
* Additionally, you will be required to submit a one-page summary of your activities and why is it important to you. Paper need not exceed two pages (12 points font, double spaced).
* As part of your earning extra credits, you will be required to attend events for Justice Week, observed at west campus Jan 27-30, 2020.

**Academic Dishonesty**  
All forms of academic dishonesty are prohibited at Valencia. Academic dishonesty included, but is not limited to, plagiarism (turning written work that you took, word for word, from another source and pretending such work is your own. “Cut and Paste” from websites is plagiarism.), cheating, furnishing false information, forgery, alteration or misuse of documents, misconduct during a testing situation, and misuse of identification with intent to defraud or deceive. All work submitted by students is expected to be the result of the students' individual thoughts, research, and self-expression. Whenever a student uses ideas, wording, or organization from another source, the source shall be appropriately acknowledged. Any form of cheating during exams will constitute an immediate “F” for that quiz/exam. Plagiarism will result in a “0” for that essay. Other sanctions available to the professor should a violation occur are described in the Valencia Student Handbook or

onlinehttp://valenciacollege.edu/generalcounsel/policy/default.cfm?policyID=193&volumeID\_1=8&navst=0

**Expected Student Conduct (Required)**

Valencia Community College is dedicated not only to the advancement of knowledge and learning but is concerned with the development of responsible personal and social conduct. By enrolling at Valencia Community College, a student assumes the responsibility for becoming familiar with and abiding by the general rules of conduct. The primary responsibility for managing the classroom environment rests with the faculty. Students who engage in any prohibited or unlawful acts that result in disruption of a class may be directed by the faculty to leave the class. Violation of any classroom or Valencia’s rules may lead to disciplinary action up to and including expulsion from Valencia. Disciplinary action could include being withdrawn from class, disciplinary warning, probation, suspension, expulsion, or other appropriate and authorized actions. You will find the Student Code of Conduct in the current Valencia Student Handbook.

Mutual respect for every person in the classroom is a precondition for all class participation. I ask you to recognize that the rich diversity at this college presents a valuable opportunity to enhance each of our learning and shape our perspectives.

Inappropriate language is often offensive to other people and is not acceptable in the classroom.

Valencia’s Student Code of Conduct is in the current Student handbook or http://valenciacollege.edu/generalcounsel/policy/default.cfm?policyID=180&volumeID\_1=8&navst=0

**Cell Phones and Electronic Devices**

Students are required to turn off all cell phones and electronic devices when you enter the class, and during examinations. If there is an emergency situation warranting the use of a cell phone or pager during class time, the student must notify the faculty at the beginning of class.

Students engaging in any behavior which disrupts the class may be directed by the faculty to leave the class.

**Student Wellness Information**  
Valencia College is interested in making sure all our students have a rewarding and successful college experience. To that purpose, Valencia students can get immediate help with issues dealing with stress, anxiety, depression, adjustment difficulties, substance abuse, time management as well as relationship problems dealing with school, home or work. BayCare Behavioral Health Student Assistance Program (SAP) services are free to all Valencia students and available 24 hours a day by calling (800) 878-5470. Free face-to-face counseling is also available.

I encourage you to develop a personal practice, drawing from your class practice & lessons, and suggest that you should have a minimum of two personal practices per week. You may find it beneficial to maintain a journal in which you will log your experiences. It may assist you when writing your reflective paper.

I also encourage each of you to ask questions and engage in discussions related to your experiences, challenges in practicing poses, etc. In addition to your class times you should have a minimum of two personal practices per week and maintain a journal in which you will log your experiences.

**Health and Disabilities**

This course is open to all students. However, those with health limitations are requested to inform instructor at the start of course by email, as there may be some disability conditions which could prevent one from actively and fully participating in some poses.

Students with disabilities who qualify for academic accommodations must provide a notification from the Office for Students with Disabilities (OSD), and discuss their specific needs. The Office for Students with Disabilities is located in the SSB

**Valencia ID cards**

Valencia ID cards are required for the Library, Testing Center, and IMC usage. No other form of ID at those locations will be accepted. Possession and utilization of a Valencia ID is mandatory to obtain these services.

Related links to reliable Yoga sites which provide accurate Yoga poses, reading materials and glossary.

The recommended text book is:

**HATHA YOGA ILLUSTRATED, KIRK, Human Kinetics.**

**9780736062033**

1. <http://www.yogamoveme.com>
2. <http://www.fitnessmagazine.com/workout/yoga/poses/?ordersrc=google1pose_cgy&cobrandId=ww5&s_kwcid=ContentNetwork|988294642>
3. [www.yogajournal.com](http://www.yogajournal.com)
4. \* Reading list maybe provided separately

**Some Considerations:**

* Bring a yoga mat, towel or blanket to sit/lie on
* Dress appropriately; wear loose fitting clothes
* Avoid eating for 1-2 hours before class
* Avoid taking fluids during class
* Avoid wearing too much jewelry
* Previous Yoga experiences not necessary.
* Turn off cell phones & other electronic devices in class, **PLEASE!**

**Common Yoga terms:**

* Asanas = Pose. Added as a suffix to denote specific name of pose. E.g., nauk asana = boat pose
* Prana = Vital force/energy which sustains the universe and present in all things, animate and inanimate.
* Pranayama= Often refers to practices which engage the breath.
* Chakras = literally means wheel, referring to the subtle energy centers perceived within the human body. Spiritual centers.
* Hasta = hand / Pada = foot
* Surya Namaskar = Sun Salutation (group of asanas strung together to form a series of forward and backward stretches, inviting the sun’s energy).

**Disclaimer Statement**

This syllabus may be altered, at the instructor’s discretion, during the course of the term. I will announce any such changes in class. It is your responsibility to stay informed of any changes.

Subhas Tiwari Rampersaud

M.A. Yoga Philosophy

E-RYT500, IAYT

M.A. Political Science

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**Course Schedule: January6 – April 26, 2020**

**Week 1 (Jan. 6)**

1. Introductions
2. Centering Practice
3. Review of Syllabus, Expectations & Assignment
4. Definitions & Terms
5. Gentle stretches & Introductory poses\
6. Poses & Contra-indications

**Week 2 (Jan. 13)**

1. Centering Practice
2. Introduction to Yoga
3. Yoga& Health
4. Different Streams of Yoga
5. What Yoga is Not
6. Head, Neck & Shoulders
7. Yoga Nidra

**Week 3 (Jan. 20) Valencia observes MLK Jan. 20.**

1. Centering Practice
2. Philosophical Premise of Yoga
3. First tenets of Yoga: *yamas & niyamas*
4. Personal Reflection Project: Take the *yama* & *niyama* challenge
5. Emphasis on Breath in Yoga
6. Joints Movements & Health
7. Relaxation practices

**Week 4 (Jan. 27) Peace & Justice Week at Valencia**

1**.** Centering Practice

2. Breath Practices

3. Forward Bending Poses

3. Yoga Nidra

**Week 5 (Feb.3)**

1. Centering Practice
2. What is Meditation?
3. Forward Bending Poses
4. Intro to Backward Bending Poses
5. Yoga Nidra

**Week 6 (Feb. 10) Late Start Week**

1. CenteringPractice
2. Breath Practices & Contra-indications
3. Backward Bending Pose cont’d
4. Balancing Pose
5. Ayurveda: Suitable Poses for your Doshas
6. Yoga Nidra

**Week 7 (Feb. 17**

1. Centering Practice
2. Lateral Bends
3. Sun Salutations Series
4. Yoga Nidra

**Week 8 (Feb. 24)**

* + - 1. Centering Practice
      2. Managing Stress with Yoga
      3. Conversation on Chakras

**Week 9 (March 2) Written Assignment due this week.**

1. Centering Practice
2. Standing series
3. Sun Salutations Series
4. Yoga Nidra

**Week 10 (March 9)**

**Spring Break March 9-15.**

**Week 11 (March 16)**

**1.** Centering Practice

2. Inverted Poses

4**.** Final Exam Practice

**Week 12 (March 23)**

**1.** Centering Practice

2. What’s Your Dosha?

**Week 13 (March 30-April 3)**

1. Centering Practice

2. Inverted Poses

3. Suitable Pose for your Doshas

**Week 14 (April 6)**

1. Centering Practice

2. Review for final exam

**Week 15 (April 13)**

* + - 1. **C**entering Practice
      2. Exam Review and Practice

**Week 16 (April 20)**

**Final Exam**



**Peace and Justice Institute**

**Principles**

**HOW WE TREAT EACH OTHER**

**Our Practice of Respect and Community Building**

1. **Create a hospitable and accountable community.**    We all arrive in isolation and need the generosity of friendly welcomes.   Bring all of yourself to the work in this community.  Welcome others to this place and this work, and presume that you are welcomed as well.  Hospitality is the essence of restoring community
2. **Listen deeply.**  Listen intently to what is said; listen to the feelings beneath the words.   Strive to achieve a balance between listening and reflecting, speaking and acting.
3. **Create an advice free zone.**  Replace advice with curiosity as we work together for peace and justice.  Each of us is here to discover our own truths.  We are not here to set someone else straight, to “fix” what we perceive as broken in another member of the group.
4. **Practice asking honest and open questions.**  A great question is ambiguous, personal and provokes anxiety.
5. **Give space for unpopular answers.**  Answer questions honestly even if the answer seems unpopular.  Be present to listen not debate, correct or interpret.
6. **Respect silence.**Silence is a rare gift in our busy world.  After someone has spoken, take time to reflect without immediately filling the space with words.  This applies to the speaker, as well – be comfortable leaving your words to resound in the silence, without refining or elaborating on what you have said.
7. **Suspend judgment.**  Set aside your judgments.  By creating a space between judgments and reactions, we can listen to the other, and to ourselves, more fully.
8. **Identify assumptions.**  Our assumptions are usually invisible to us, yet they undergird our worldview.  By identifying our assumptions, we can then set them aside and open our viewpoints to greater possibilities.
9. **Speak your truth**.  You are invited to say what is in your heart, trusting that your voice will be heard and your contribution respected.  Own your truth by remembering to speak only for yourself.  Using the first person “I” rather than “you” or “everyone” clearly communicates the personal nature of your expression.
10. **When things get difficult, turn to wonder.**  If you find yourself disagreeing with another, becoming judgmental, or shutting down in defense, try turning to wonder: “I wonder what brought her to this place?”  "I wonder what my reaction teaches me?” “I wonder what he’s feeling right now?
11. **Practice slowing down.**  Simply the speed of modern life can cause violent damage to the soul.  By intentionally practicing slowing down we strengthen our ability to extend community building to others—and to ourselves.
12. **All voices have value.**Hold these moments when a person speaks as precious because these are the moments when a person is willing to stand for something, trust the group and offer something he or she sees as valuable.
13. **Maintain confidentiality.**Create a safe space by respecting the confidential nature and content of discussions held in the group.  Allow what is said in the group to remain there.

***Prepared by the Peace and Justice Institute with considerable help from the works of Peter Block, Parker Palmer, the Dialogue Group and the Center for* Renewal and Wholeness in Higher Education**