College of Southern Idaho
Beginning Yoga PHYE 134
1 credit hour
“Yoga is the union of the individual self with the universal self.”

Semester/year: SPRING 2007
Instructor: LaLanne Delis
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Location: Harmony
Yoga Studio 136 W. e-mail:
13th ave. Burley, ID

Course Description: This course provides a foundation for exploring classical yoga postures as well as the history and philosophy of yoga. Each class includes stretching, strengthening, relaxation techniques pre and post flexibility testing.

Pre-requisites: None; all students welcome.

DISABILITIES:
Any students with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the coordinator of Disability Services at their first opportunity after registration for class. Student Disability Services is located on the second floor of the Taylor Building on the Twin Falls Campus. 208.732.6260(voice) or 208.734.9929(TTY), or e-mail.

Equipment needed: Loose, comfortable clothing, yoga mats will be provided

Course Outcomes and Assessments:
1. A worksheet of 25 poses will be reviewed and taught formal and informal names of each pose throughout this course.
   Assessment will determine that each student is familiar with the Western and Sanskrit names.
2. Asana posture and alignment will be guided and corrected with touch and partnering skills.
   Assessment will show improvement in these 25 asana postures.
3. Attendance will be priority to determine students grade.
   Assessment will be graded solely on attendance.

Grades follow this scale…..28-32 classes…..A
   27-23 classes…..B
   22-18 classes…..C
   Less than 18 classes Fail.

4. You will learn Iyengar-style yoga and the value of props ie: sticky mat, blocks, strap, and blankets.
   Assessment will check each student’s knowledge of Iyengar-style yoga and using the props correctly to improve individual skills

Policies and Considerations:
1. No gum
2. Turn all cell phones off
3. No shoes or socks—be barefoot
4. No Jeans
5. Respect other student’s quiet space.
6. If a student is pregnant, check with your Dr. about taking this class and notify instructor as soon as you know.
7. DO NOT INTERRUPT CLASS IF MORE THAN 10 MINUTES LATE!

Online Course Evaluation: Each student must complete an online class evaluation form at the end of the
semester. Students will access the evaluation at http://evaluation.csi.edu. The name and password is the same as for network e-mail and Blackboard.