

**Santa Rosa Junior College
KFIT 6 Intro to Yoga**

KFIT 6.1 Beg. Yoga

KFIT 6.2 Int. Yoga

**All sections meet Tuesdays and Thursdays 5:00-6:30 pm
Petaluma Campus ZOOM or Youtube**

**Instructor Krissy Marchus
kmarchus@santarosa.edu**

**Office hours by appt. and 15 minutes before and
after class**

**Mid-term Oct. 20, 2020
Final Dec.15, 2020**

Please see online catalogue descriptions for each section.

Description: This class is an introduction to Hatha (Solar and Lunar phase physical postures) Yoga. WE will cover warm up exercises, floor strengthening and stretching postures, breathing exercises (pranayama), as well as an introduction to Yoga Philosophy .

Objectives: Students will be able to identify and demonstrate an intro., beginning or intermediate level of understanding of: philosophy, subtle bodies, different styles of yoga, terminology, principles of alignment, and anatomy of yoga. The students will learn Sun Salute A and B to be demonstrated in small groups for the mid-term and final. Students will focus on injury prevention, balancing poses and inversions which will be integrated into their custom home yoga practice.

Student Learning Outcomes:

1. Demonstrate intro., beg., or intermediate level Hatha yoga asanas and techniques
2. Create a custom home yoga practice designed to improve flexibility, strength, balance, relaxation and focus
3. Describe relaxation, breathing and centering yoga methods

In this course we will cover the following asanas:

Easy pose
Seated spinal twist

Butterfly pose
Head to knee pose
Seated forward fold
Staff pose
Happy Baby
Corpse
Legs up the wall
Sphinx
Reclining hand to big toe
Downward facing Dog
Upward facing Dog
Plank and side plank with modifications
Cat/cow
Camel
Low lunge adding a twist
Child's pose
Warriors 1,2,3
Mountain
Standing forward fold
Tree
Chair
Eagle
Handstand with modifications
Crow
Dolphin
Shoulderstand

Pranayama (breathing techniques) covered include; alternate nostril, 3 part breath, and extension of exhalation.

Meditation techniques covered include visualization, chakra balancing and recitation of mantra.

Assignments:

1. Read 2-5 pages per week of instructor prepared materials.
2. Written journal entries 2 per week
3. Written mid-term and final reflections
4. Int. Students will teach their final sequence to a small group of classmates
5. Attendance, punctuality and full participation at all class meetings.

Method of Evaluation:

Self-reflection journal	10%
In class skill demonstrations	30%
Exams	20%
Participation	40%

You are allowed to miss class 2 times throughout the semester without lowering your grade. Excused absences include medical emergencies with a doctor's documentation. Every absence after 2 will result in lowering your grade by 10%. If you are ill or injured, please do not come to class to observe and take notes. Make up classes and written assignments will be accepted until the day of the final. If you come to class 15 minutes late, it will count as a tardy. 3 tardies count as one absence.

Please communicate with the instructor about any previous or new injuries you may have. Props and modifications will be provided.

Attire: Yoga wear or athletic wear in which you can move is appropriate. Please do not wear excessively baggy (or tight) clothing that prevents the instructor from observing your alignment. Please do not wear excessive jewelry and fasten hair away from your face and neck. Try not to eat directly before class. Gum or candy is not permitted in yoga as it prevents you from breathing properly.

Props: Please bring a yoga mat and towel. Blocks, straps, bolsters, blankets and stability balls are provided.

Students in this class are required to abide by the Student Code of Conduct. The Sonoma County Junior College District supports a safe, productive learning environment to foster intellectual curiosity, integrity and accomplishment as defined in the District Mission and Goals.

The District holds that students shall conduct themselves in a manner which reflects their awareness of common standards of decency and the rights of others. Interference with the District's mission, objectives, or community life shall be cause for disciplinary action.

In case of emergency, please call 911. Please use the buddy system when leaving the building and in the parking lot. In case of a medical emergency involving blood borne pathogens, universal precautions will be taken. In the event of an emergency that requires evacuation of the building, please leave the class immediately but calmly. Our class will meet at parking lot C to make sure everyone got out of the building safely and to receive further instructions. If you are a student with a disability who may need assistance in an evacuation, please see me during office hours so we can discuss an evacuation plan.