DESCRIPTION

This course combines Hatha Yoga and Pilates Method mat exercises with the goal of improving postural alignment, balance, strength and range of motion as well as motor respiratory coordination and psychological well being.

Students will be guided through beginning level yoga breathing practices (Pranayama), yoga postures (Asanas) and Pilates Method mat exercises. Intermediate level postures and exercises will be added as the class progresses.

An emphasis will be placed on practicing safely with optimal postural alignment, joint stabilization and breathing technique. The instructor will offer modifications that address specific issues relating to posture, range of motion, weakness and injury.

Reading material will address topics in yoga and Pilates, as well as related topics in exercise science and functional anatomy. Coursework will include a short written assignment on a yoga or Pilates related research topic.

MATERIALS

Required Props: Yoga Mat, Theraband

A thicker yoga mat will offer more comfort during Pilates exercises, some people might even prefer to layer two mats. A spongy Pilates mat is not appropriate for this class, as it will not provide support and traction during standing yoga postures.

You may purchase a Theraband from the instructor or bring your own.

Optional Props – yoga block, yoga strap, Pilates inner thigh prop, blanket

Attire: Footless dancewear or fitted athletic-wear is preferred; please avoid overly baggy styles that obscure body alignment. Our exercises will be performed in bare feet.

RESEARCH PAPER

Write a short research paper (2 – 3 pages) on a Pilates or yoga related topic of your choice. Pick a topic that you find interesting and make it specific; this is too short a paper for broad topics like “Pilates and Postural Imbalances”, “The Health Effects of Yoga”, or “The Ancient Roots of Modern Yoga” however, more focused topics such as “Pilates for Scoliosis” or “The Effect of Yoga Inversions on Blood Pressure”, or “The Yoga Principle of Ahimsa” would be fine. If you pick a topic that addresses a topic in medicine or exercise science, please be aware that there is an abundance of both junk science and
quality, peer reviewed studies related to mind-body exercise, please pick your sources carefully. The instructor can assist you in finding a topic.

**GRADING:**

This class is offered as “Pass/Fail” or “Credit Only”. You must receive a grade of “C” or above to receive “PASS” or “CREDIT.”

Students admitted to the Certificate in Somatic Studies must take this class for a letter grade.

If you must take this class for a letter grade because of a university requirement, please inform the instructor of your circumstance; grade option changes must be made through WEBSTAC.

Research Paper 25 points
Class Participation 25 points
Practical Evaluation 50 points

Throughout the semester, your practice will be evaluated with an eye toward individual progress, attention to alignment, breath coordination and demonstration of body awareness (most importantly, this includes an awareness of your own abilities and limitations, when to modify and when to increase the challenge).

**ATTENDANCE POLICY AND CLASSROOM PROTOCOL:**

You are allowed 2 free absences throughout the semester; I suggest you reserve them for real illness or emergency. Each absence beyond the initial two will reduce your grade by 5 points. A total of five absences (three beyond your two free absences) will result in failure of the course. You are responsible for keeping track of your own absences. One make-up session will be offered at the end of the semester.

If you have a serious illness or injury or an unexpected major life event I will work with you to make up for absences.

Please be on your mat and ready to practice at the appointed start time. University College classes begin promptly at the scheduled time; there is no 10-minute passing period as there is for day classes. Late entrances and disruptive behaviors will negatively affect the classroom participation portion of your grade. Eating is not allowed in class, water is fine. Deactivate cell phones and other devices before class.

**INSTRUCTOR’S NOTE**

Certain postures and exercises may not be appropriate for individuals with chronic physical conditions or injuries – please alert the instructor if you have such a condition or if you become injured.