NAME OF COURSE: **Yoga and Relaxation Techniques** (U31 120)

MEETINGS: Mondays & Wednesdays, 5:45-7pm in Women’s Building, Olin I Studio
Aug. 31-Dec. 9
No class: Nov. 23 & 25 (Thanksgiving holiday)
Additional classes: Dec. 14 & 16; can be used for make-up

FACULTY NAME: *Eileen Kinsella*
CONTACT INFO: kinsellaeileend@wustl.edu

TEXT: None; readings & video links will be distributed

COURSE REQUIREMENTS: Regular attendance, practice of asanas, pranayama, and demonstrated exercises, distributed readings, and one research paper at end of term

GRADING: 2.0 Credits graded Pass/Fail*: based on attendance (limit of three unattended class), level of engagement in class, and completion/receipt of papers. *Somatics Certificate candidates required to receive letter grade; please inform me of this status.

COURSE OBJECTIVES: *** To introduce/ practice hatha yoga with stretches, asanas, pranayama, and sun salutations
*** To become familiar with/ practice relaxation, breathing exercises, and meditation techniques
*** To work consistently and methodically towards expansion of breath and body awareness, flexibility, strength, supportive and aligned posture, balance, control and release of muscular action
*** To understand the importance of the state of balance in one’s being/one’s day/one’s life, attaining physical integrity and specificity, adopting rigorous pursuits while holding peace of mind, practicing openness of heart and mind while nurturing purity of intention

from readings: *** To introduce and appreciate the roots and philosophies of yoga, noting its historical significance in Eastern cultures and its current role in Western cultures

STUDENT EXERCISES: Practice exercises as shown in class on a regular basis. Complete assigned readings. Short midterm research paper inspired by readings and reflection paper at end of term.