

Yoga

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Office Hours: Break, Lunch and after school, by appointment

Course Description

This course will introduce the student to Hatha Yoga. The students will learn the philosophies, benefits and asanas (poses) of Yoga. We will practice the asanas daily as well as meditation. The student will develop an understanding of Yoga to continue a lifetime of practice.

References and Materials

The students will use the class website to see a list of poses learned. Links will connect students to web pages with descriptive information of each pose. Students will receive handouts on yoga philosophy. Students will use these resources to study for written tests and quizzes.

Goals and Benchmarks

- To learn, understand and apply Yoga philosophies to daily life and a healthy lifestyle
- To perform yoga asanas properly
- To understand and apply asana variations
- To understand an asana's purpose

Grading Policy

The student's final grades will be comprised of the average of semester (80%) and a Final Exam (20%). For the semester, the student's grade will be determined by the following:

- 60% effort and improvement on the mat,
- 40% tests, quizzes and written assignments average

Each quarter will have two quizzes and one test. The test is twice the value of the quizzes

The Final Exam will include a written test as well as a practical exam, demonstrating the asanas. Written and practical tests are both 50% of Final Exam grade.

Classroom Expectations

Participate:

1. change quickly, place mat and equipment in the space and prepare for class with meditation, you will have five minutes
2. focus on the day's practice, learning and performing the asanas with deep concentration and apply comments of instructor

Written

1. to keep a portfolio of asana, philosophy handouts, quizzes and tests
2. Late work will result in a deduction of grade, 5 points per day, unless student has a legitimate excuse. Late work will not be accepted after 3 days. Work may be turned in via email. Attach a Word file to fridenhour@immaculateheart.org, include your name in the subject line.
3. to prepare for all quizzes and tests

Attire and Equipment

1. You must have a yoga mat.
2. You may wear: yoga pants, stretch pants, tank tops, t-shirts.
3. You may not wear: I.H. uniform, regular street clothing or pajamas.

The third time a student forgets her clothing she will receive a detention.