**Course:** HHPA 215AM: Introduction to Yoga

**Credit Hours:** 2

**Instructor:** Kristi Strong, E-RYT

**Email:** krstrong@linfield.edu

**Office Hours:** by appointment

**Prerequisites:** HHPA 071A: Yoga Mindfulness or instructor approval.

**Catalogue Course Description**
Overview of the philosophy, history and practice of yoga; discussion of its progression and incorporation in the west over the last 100 years; emphasis on the benefits of yoga and mindfulness for the individual. Lecture. *Offered Fall or Spring. 2 credits.*

**Course Objectives**
Upon completion of this course the student will:

1. be able to discuss how the practice of yoga has evolved in the west and describe current models of practice.
2. examine the benefits of a yoga practice for the individual regardless of circumstance (i.e. yoga in schools, the workplace, military, prisons, for the disabled, for the elderly).
3. be able discuss the different styles of yoga and their particulars.
4. be able to discuss supporting research for the benefits of yoga and mindfulness.
5. be able to identify basic physiological benefits of a mindfulness based yoga practice.

**Required Texts:**


3. Desikachar, TKV. Reflections on The Yoga Sutras of Patanjali.

NOTE: Other readings may be posted throughout the term.

**Adding/Dropping**
You will not automatically be dropped from this course; it is your responsibility to officially drop the course.

**PLEASE NOTE:**
1. We will NOT adhere to a strict schedule of classes and will move as rapidly or as slowly as warranted to adequately cover the material.
2. For a two credit online course, it is expected that you will log on at least three times per week for at least an hour each time. As with any course, you get out what you put in.
3. It is expected that ALL assignments will be completed and turned in by the associated deadline or a reduction in grade will occur. It is your responsibility to pay attention to deadlines when given.
Evaluation

1. Exams. One “midterm” exam and a final exam will be given. The “midterm” exams will cover new material only (they are not comprehensive) but the final exam will be ¼ comprehensive and ¾ new material. Tentative exam dates are listed on the topical outline.

2. Essays. Four essays (800 to 1200 words long) will be assigned during the semester on various topics relating to the course.

Make-up Exams
Exams can be made up only in the case of documented illness or emergency. It is your responsibility to contact me to make alternate arrangements before the exam if you have a scheduling conflict. Make-up exams may be all essay. *The final exam must be taken at the scheduled time.*

*Tentative Topical Outline for Introduction to Yoga*

<table>
<thead>
<tr>
<th>Date</th>
<th>Material Covered</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Introductions, overview of course, philosophy of yoga</td>
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<tr>
<td>Week 2</td>
<td>Brief history of yoga, rise in the West</td>
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<tr>
<td>Week 3</td>
<td>Progression of yoga in the U.S., first essay due</td>
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<td>Week 4-5</td>
<td>The Sutras, second essay due (week 5)</td>
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<td>Week 6-8</td>
<td>Reasons for practice, traditional and syncretist, midterm</td>
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<tr>
<td>Week 9-10</td>
<td>Benefits of posture practice and benefits of mindfulness practice</td>
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<tr>
<td>Week 11</td>
<td>Application of practice in different settings, for different individuals, third essay due</td>
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<tr>
<td>Week 12</td>
<td>Current models of yoga practice, the business of yoga</td>
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<tr>
<td>Week 13</td>
<td>Thanksgiving</td>
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<tr>
<td>Week 14</td>
<td>The future of yoga, fourth essay due</td>
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<tr>
<td>Week 15</td>
<td>Finals week, final due</td>
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Special Accommodations
Students with disabilities are protected by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. If you are a student with a disability and feel you may require academic accommodations contact Cheri White, Program Director of Learning Support Services (LSS), as early as possible to request accommodation for your disability. The timeliness of your request will allow LSS to promptly arrange the details of your support. LSS is located in Loveridge Hall, Room 24, (503-413-8219), or chwhite@linfield.edu. We also encourage students to communicate with faculty about their accommodations.

Academic Honesty
I strictly adhere to Linfield College’s policy regarding academic honesty. All students enrolled in this course are expected to follow it. The policy can be found in the Linfield College Course Catalog. Please be sure you read this policy. It states that “academic work is evaluated on the assumption that the work presented is the student’s own, unless designated otherwise.” Academic Dishonesty refers to cheating, plagiarism, fabrication and facilitating academic dishonesty. If unsure whether your work reflects an appropriate level of “academic honesty” do not hesitate to discuss the matter with me before the work is started.