

Syllabus

PE 0006c – Yoga/Spring 2011
M/W 3:00-4:15 – Jackson Gym

Instructor – Elliott McEldowney R.Y.T.
email: e.mcelandowney@tufts.edu
<http://www.zerogyoga.com>

goal

Introduce students to the poses and sequence of vinyasa power yoga, a vigorous, athletic form of yoga practice that links breath and movement. Students will become familiar with the fundamentals of vinyasa yoga and learn how to practice safely, modifying for injuries and limitations. The class will also discuss the philosophy and history that informs the physical practice.

grading

The course is offered pass/fail. Grading is based solely on attendance; you must come to class and sign in. Students are allowed two (2) unexcused absences. More than two unexcused absences will earn a 'fail' for the course. If at any time in the semester you have missed 6 or more classes, you will be required to withdraw. Class will start at 3:00 – please arrive on time.

note: I strongly recommend that all students come to observe at least one session during the semester. If you are not able to practice, still come and attend class and let me know you're opting to observe that day.

schedule

week 1 (1.24 & 1.26)	intro
week 2 (1.31 & 2.2)	vinyasa foundations: breath, locks, and gaze/sun salutations
week 3 (2.7 & 2.9)	vinyasa foundations: full closing sequence
week 4 (2.14 & 2.16)	finding vinyasa: integrating breath and movement
week 5 (2.23 & 2.24)	standing sequence I: forward bending [no class on 2.21 – Thursday becomes Tuesday]
week 6 (2.28 & 3.2)	standing sequence II: balancing
week 7 (3.7 & 3.9)	seated sequence I: fun with gravity
week 8 (3.14 & 3.16)	seated sequence II: core power [break starts 3.18 - bring your mats to the beach...]
week 9 (3.28 & 3.30)	backbending & twists I: opening the front of the body
week 10 (4.4 & 4.6)	backbending & twists II
week 11 (4.11 & 4.13)	inversions I: arm balancing and hip openers
week 12 (4.20)	inversions II: working toward headstand
week 13 (4.25 & 4.27)	ashtanga primary series
week 14 (5.2)	power practice

practice

This is an athletically challenging form of exercise with a strong meditative element. It is aerobically demanding; your heart rate will go up and you will sweat. It's a good idea to bring a small towel (or 2) to class.

Because of the intensity of the physical aspect of this practice, it's very important that you inform me of any chronic health conditions (asthma, scoliosis, heart conditions, carpal tunnel, etc) or new injuries (sprains, twists, dislocations, or recent surgeries). This practice is accessible to everyone and I can modify for virtually all injuries and medical conditions if you communicate with me.

mats

Students are required to use their own mat for hygienic reasons (see sweat, above...). Mats can be purchased from the Tufts Athletic office and are also widely available at sports stores and online. Mats designed for ashtanga or vinyasa yoga are preferable.

recommended reading

Baptiste, Baron: *Journey into Power*
Birch, Beryl Bender: *Power Yoga* and *Beyond Power Yoga*
Swenson, David: *The Ashtanga Yoga Practice Manual*
dvd: Beryl Bender Birch, Richard Freeman, David Swenson