North Seattle Community College
Physical Education Department
Course: Yoga
Course Number: PEC 136
Instructor: Joanne Hill
Phone: 527-5666

Course Description
Yoga means "union". The "coming together" of the body with the mind. Yoga includes postures or asanas, breathing, mediation exercises for physical and mental fitness. Yoga is presented as a philosophy and art form, taking the student through a number of poses, explaining their purposes as they are attained.

Course Purpose
The practice of Hatha Yoga exercises improves posture and allows more freedom of movement in the body. Yoga breathing improves circulation to the lungs and brain. This leads to more energy and better concentration. A sound body and mind lead to a healthy life.

Course Objectives
By the end of the course, the student will,
1] have a working knowledge of all asanas and exercises, as discussed in class.
2] identify terms used in class on in-class examinations.
3] demonstrate improved posture and freedom of movement through daily class sessions and demonstrated skill level.

Evaluation
Participation: Attendance, Attitude, Attempt. 80%
Midterm
Final exam

Class Policies
1] Be on time. The first discipline.
2] Please come with a stomach that is not full.
3] Wear clothing that allows the instructor to see your knees (shorts, T-shirts, footless tights, and leotards).
4] Practice will be done in bare feet.
5] Avoid missing class. Missing more than six (6) is failing.
6] Have a notebook to remember lesson information.

Course Outline
Week Activities
1 Introduction to the asanas (exercises)
2 Beginning asanas and standing poses
3 Sitting poses
4 Continued standing poses, beginning jumpings
5 Sitting poses, twists, forward bends
6 Continued asana practice, inversions
7 Continued asana practice, balancings
8 Beginning backbends, forward bends, and twists
9 Relaxation poses and beginning pranayama
10-12 Asana practice