



Yoga 15-25-35

Teacher & Class Info:

Teacher	Office Location	Email	Class Location
Ms. Summer Schneider	Phys Ed Office	suschneider@cbe.ab.ca	Yoga/Dance Studio (Room 2159)

Course Description:

This course will safely introduce students to the basic postures (asanas), meditation, breathing techniques and relaxation methods of yoga. It will also introduce students to the historical roots of yoga and give them an understanding of basic anatomy and physiology as it applies to the discipline. Students will develop an enhanced appreciation for and acceptance of their body. The program is designed to allow students to experience the benefits of increased flexibility, strength, focus, mindfulness and concentration. Students will learn to be non-judgmental about their own and others' yoga practice. Through continued practice, students will relieve stress, learn to relax and experience the health benefits of a yoga practice.

Goals of the Yoga Program

Through participating in Yoga, students will:

- Experience the postures (asanas), breathing techniques and relaxation techniques of a yoga practice, and the benefits of them
- Develop an understanding of their unique needs, limitations and growth through yoga
- Develop the skills and knowledge to independently maintain a regular yoga practice
- Acquire and apply a basic understanding of anatomy and physiology that is relevant to yoga
- Explore the historical roots of yoga as an art, science and philosophy

Yoga Practice and Studio Etiquette:

- ✓ **Be on time** and **changed** into your yoga clothes daily (*see Yoga Essentials below for appropriate yoga wear*)
- ✓ Work to the best of your abilities. Attitude is everything. Have an open mind to new or challenging experiences
- ✓ **You must be present to receive a mark.** This is a presence/performance-based course.
- ✓ Cultivate an attitude of respect and kindness to one another.
- ✓ Yoga is non-competitive and individual. Wherever you are in each moment is perfect!
- ✓ A yoga studio is a quiet and harmonious space. Please respect the "No talking" sign when it is out during more meditative practice.
- ✓ No food or drinks other than water in the studio. No chewing gum, candies, etc. Students should have a water bottle with them during class, so that class disruptions (i.e. leaving class for a drink) are kept to a minimum.
- ✓ Shoes off at the door and kept neatly on the floor.
- ✓ Practice general hygiene – wear deodorant, shower every other day, wear clean clothes, etc.
- ✓ Keep the studio clean - Return props and mats to the appropriate location(s), in good condition.
- ✓ **Technology free zone:** Students are **not allowed to** use cell phones or electronic devices in class. These must be **turned off** and **put away** in your bag at the **beginning of class**.
- ✓ Written assignments are an essential component of your yoga class. These assignments help to broaden your understanding of the role and value of yoga in our society.

Yoga Essentials:

Here is a list of what to bring daily to our Yoga class:

- 1) Water bottle
- 2) Paper & pen or pencil (a journal will be provided)
- 3) Appropriate yoga clothes:
 - Stretchy or Loose pants – examples: sweatpants, leggings, yoga pants, (shorts are not recommended but acceptable)
 - Tops – t-shirt, long sleeved t-shirt, tank top appropriate for activity
 - Clean socks
- 4) You may bring your own yoga mat if you prefer, but one will be provided for you in the Studio
- 5) Blanket to use for Yoga Nidra is recommended (if you have one)

Put Yourself First:

An important part of any yoga class is to “listen to your own body”. It is critical that students recognize and honour any injuries or limitations in their own body, and avoid postures that put them in pain or at risk for injury.

Please note:

- It is critical that the **teacher be informed** of **any health concerns and injuries**
- It is a requirement of the course that the Confidential Yoga Health Information Form **be updated** if anything changes throughout the duration of the course
- Students **will not** be penalized if they are unable to do or if they need adaptations to complete certain poses. Not everyone will be able to achieve the same postures or will look the same while practicing.

Assessment:

Competencies

- In Yoga at Nelson Mandela the following competencies will be assessed within ALL units:

Competency	Descriptor
Communication, Critical Thinking, Personal Management & Well-Being	Students use these competencies when faced with challenges, new experiences, group discussions, classwork, and more. Students will increase their ability to solve problems, modify when necessary, take personal responsibility, collaborate with others, and gain an understanding of body awareness, their limitations and areas of growth. Competencies will be assessed <u>within all units</u> through: daily observation, peer and self-assessment, written assignments, projects and presentations.

Outcomes

- Assessed through daily observations, journal entries, class/group discussions, assignments and/or quizzes.

Unit/Weight	Descriptor
Wellness and Practice 20%	Performs postures, asanas, breathing techniques and relaxation techniques of a yoga practice and as a result, experiences wellness benefits.
	Along with daily participation, attendance and yoga etiquette , students will: • perform and practice basic yoga asanas, breathing techniques, relaxation and meditation • demonstrate safe use of props • demonstrate improved flexibility, strength and range of motion awareness and proficiency in day-to-day practice
Growth and Practice 20%	Develops an understanding of unique needs, limitations and growth through yoga.
	Along with daily participation, attendance and yoga etiquette , students will: • appreciate the body's health, strength and abilities • increase body awareness and inner confidence • understand unique needs and limitations • demonstrate awareness of well-being, self-care and self-understanding

Unit/Weight	Descriptor
Personal Benefit & Practice 20%	Applies personal skills and knowledge to personally benefit from a yoga program.
	Along with daily participation, attendance and yoga etiquette , students will: • demonstrate modifications for personal benefit, alignment and safety • demonstrate safe use of props • identify strengths and areas of growth in personal yoga practice • apply teacher feedback to yoga practice • develop personal yoga plan and goals • demonstrate alignment, mechanics and benefits of poses
Anatomy & Physiology 15%	Understands anatomy and physiology relevant to yoga.
	Students will demonstrate understanding of: • function of breathing organs • skeletal and muscular structures • principles of physiology associated with yoga asanas • benefits and improvements resulting from practicing yoga asanas
History of Yoga 25%	Understands the historical roots of yoga as an art, science and philosophy.
	Students will: • describe the meaning of yoga • summarize yoga's history and philosophy as an art and science • demonstrate knowledge of the eight limbs of yoga • demonstrate knowledge of the eight paths of yoga • replicate Sanskrit names of asanas