

## PDP MB 104 Sivananda Yoga

Instructor: Summer Strange-Lee, 500-hour yoga-alliance certified

Email: [strangel@bu.edu](mailto:strangel@bu.edu)

Meets once per week: 1.0 Credit

### Course Description:

This Hatha Yoga class follows the teachings of Swami Sivananda which revolved around frequent relaxation and full yogic breathing. A typical class starts with relaxation and follows with various breathing exercises, warming up the body with rounds of sun salutations before beginning the standard program of 12 basic asanas which then may be expanded upon in different ways depending upon the class. The class accommodates all levels of practice.

### Class Etiquette:

1. If you have health issues, you should check with your doctor for approval to practice yoga. Please inform teacher of any physical injuries or other health condition.
2. It is ideal to practice yoga on an empty stomach; avoid eating a large meal within 3-4 hours of practicing. Wait about an hour after a snack. (Juice or tea is okay).
3. Loose comfortable clothing is recommended as is dressing in layers. Be prepared for cool temperatures during relaxation. No socks or shoes are typically worn during class.
4. It is best not to have jewelry on during Yoga, especially if it is tight or noisy. Do not leave anything of value in your bag outside the classroom.
5. Utilize this two-hour yoga practice to relax your body and mind once you have entered the studio – simply find your space and begin settling in with breath work in sivasana (relaxation) laying on your back.
6. No hats or gum chewing.
7. Turn off your cell phone.
8. If you must leave class early, permission is required at beginning of class.

### Course Goals:

To develop or enhance physical, mental and spiritual well-being through a comprehensive set of exercises which provide a foundation for the practice of yoga.

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% attendance

W – Withdraw: If you drop this class after the Registrar's drop deadline, you will receive a "W" grade.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with the instructor to do so within the following semester. Your grade will be changed to a "P" once all classes have been made up.

**AU – Audit:** If you intend to audit this class, please fill out and obtain your instructor’s signature for the Class Adjustment/AU form and turn it into the Registrar’s Office by the specified deadline.

**F – Fail:** It is very unlikely that you will receive a failing grade. Your instructor will be happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU Student Code of Conduct.

**Attendance Policy:**

All Mind/Body classes have the same attendance policy. Classes are graded primarily on attendance and learning is cumulative, so it is important that you attend each class. You will need an 85% attendance record to receive a passing grade.

- If your class meets once a week, you are allowed **2** absences.
- If your class meets twice a week, you are allowed **4** absences.
- If your class meets three times a week, you are allowed **6** absences.

At the instructor’s discretion, one additional absence for illness or family emergencies may be granted; the student must receive the instructor’s approval in writing before the end of the semester.

**Make-Up Policy:**

Mind/Body classes may be made up by attending other Mind/Body classes. Please email your instructor and Ramelle Adams at [rfadams@bu.edu](mailto:rfadams@bu.edu) before attending a make-up class. This is to ensure that there is space in the class and to alert the instructor that they will be having a make-up student. If no Mind/Body classes fit in your schedule, you must get permission from your instructor for an alternate make-up.

It is recommended that students make up the class within two weeks of the absence. Make-up slips may be obtained at the PERD office on the second floor of FitRec. They must be signed by the instructor of the make-up class and turned into either your instructor or the PERD office.

You are responsible for keeping track of your attendance record and making up any missed classes.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the

Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

### Schedule

<b>Week 1</b>	Course introduction, asanas (yoga postures), savasana (relaxation)
<b>Week 2</b>	Yogic breathing (deep belly breathing), asanas
<b>Week 3</b>	Yogic breathing, asanas
<b>Week 4</b>	Kapalbhati (breathing exercise), asanas
<b>Week 5</b>	Kriya Yoga (cleansing) – how to use Neti pot, Kapalbhati, asanas
<b>Week 6</b>	Kapalbhati, asanas
<b>Week 7</b>	Kapalbhati, asanas
<b>Week 8</b>	Anulom Vilom pranayama (alternate nostril breathing), asanas
<b>Week 9</b>	Anulom Vilom, asanas
<b>Week 10</b>	Anulom Vilom, asanas, introducing various inverted postures
<b>Week 11</b>	Asanans (introducing inverted postures), pranayama, meditative yoga
<b>Week 12</b>	Asanas (continue with inverted postures), pranayama, meditative yoga
<b>Week 13</b>	Asanas, pranayama, meditative yoga
<b>Week 14</b>	This last class is based on your requests.