

## PDP MB 105 Gentle Restorative 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:

Hatha Yoga is an ancient system of discipline involving techniques, evolved over centuries, designed to bring the Body-Mind into harmony. Through physical postures and awareness training, health, clarity and tranquility are gradually developed. This class will focus on postures that are less strenuous on major joints and offer a variety of posture options as to allow all students to comfortably practice and enjoy the benefits of hatha yoga.

### 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 1 ½ -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.

### Required Equipment:

Props such as mats, straps, blankets, and blocks, will be provided. If you have bolsters or other body pillows/blankets you would like to bring, you are welcome to do so. As this class is not a traditional restorative class, props will not be as heavily needed.

### Course Goals:

This class was designed keeping students with chronic injuries, medical issues, and working through an isolated injury in mind. The goal of this class is to increase body awareness and improve alignment through slow micro movements within the hatha yoga postures and by means of yogic breath. Rather than holding postures for long periods of time, we will explore variations of positions within postures and explore use of props to support the most effective versions of postures for each individual.

### 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:**

Please note that this class is new and will evolve to meet the needs of the class. Descriptions below are intended to give an idea of possibilities for each class.

\*Disclaimer: Please feel free to contact me with concerns and questions before and after class. If you feel pain or discomfort in class, please come out of a posture as gently as possible and rest if necessary. Some postures will be uncomfortable or difficult, but forcing poses is not healthy or recommended. Sensations to pay attention to are cold or hot or sharp, shooting pains. This is "bad" pain. If you are not sure, don't overexert yourself and ask!

<b>Week 1</b>	Circle talk (introductions and review of syllabus). Core focus day- pelvic tilt, circles, half bridge, review of basic abdominal breath, hands on abdomen, arms variation in half bridge, arms clasped underneath variations, block underneath (vertical/horizontal)/stacked pillows, discuss options, inhale/exhale engaging abdomen with cat/cow, sitting using cat/cow and breath, side stretch, standing with breath, half moon, first part of sun salute, just forward and back bend detailing alignment, tree, hunkering, cat/cow, cobra, savasana.
<b>Week 2</b>	Core day- repeat of week 1 for students in and out and as a review. Add let lowers with diamond hands for support and full wheel after half bridge.
<b>Week 3</b>	Core day adding spinal twists. Same pelvic/abdomen engagement exercises, add full body stretch rotating to side on inhalation to balance, add sitting v balance with twists, sitting postures with twists, Moon pose with options for knee issues. Traditional spinal twists, savasana.
<b>Week 4</b>	Hip openers day. Beginning warmup adds happy baby, pilates leg circles (one leg foot down knee up), hunkering with knee circles, Second part of Sun salutes (lunges) go over alignment, Moon/runners with props alternating sides to protect sacrum, fountain, pigeon- go over prop options, Wrist stretching, cat/cow with "dog at fire hydrant" knee circles, open child's pose, breathing, etc.
<b>Week 5</b>	Hip openers, same, add pigeon with variations and sitting leg stretches with props.
<b>Week 6</b>	Shoulders day- full body stretch with hug, half bridge sequence, leg lowers, sitting, neck stretches, shoulder circles- do adjusted version with fingertips on shoulders to protect joint, on side Kacy arm circles adding hands on shoulders for students with shoulder issues, cowshead, half moon with arm variations, sun adding downward dog go over alignment shoulders push from ears or on forearms, demonstrate this week and answer questions. Cat/cow go over alignment with shoulders, plank.
<b>Week 7</b>	Shoulders day- same, add leg variations with downward dog/dolphin, eagle arms and balance, and empty coatsleeves.

<b>Week 8</b>	Heart openers- Add cobra to sun salute, complete sun, fish with yogic breathing, cobra sequence, half bridge and full wheel, camel, and savasana.
<b>Week 9</b>	Prana building postures- define prana, goddess, chair pose, end with cooling postures- adjusted plow and fish, savasana.
<b>Week 10</b>	Prana building postures- same.
<b>Week 11</b>	Flow- full hatha slow flow with resting periods.
<b>Week 12</b>	Flow- full haha slow flow with resting periods.
<b>Week 13</b>	Yogi's choice class- review of postures and requests.
<b>Week 14</b>	Slow flow, meditation period. Circle talk (Suggestions and recommendations for further yoga classes)