

PDP MB 115 Yoga/Pilates Fusion

Instructor: Sharon Cardamone

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Meets twice a week: 1.0 credit

Course description:

Yoga/Pilates Fusion combines the slow, fluid movements of traditional Vinyasa Yoga with the core stabilization and muscular control of Pilates for a perfect blend of exercises that builds flexibility, balance, and strength. This flowing format is fun and easy to follow, and will boost your metabolism, burn fat, and raise your energy levels. Every class finishes with a few minutes of deep relaxation.

Course goals:

- Students will learn how to perform a variety of standing, seated, prone, supine, and inverted yoga postures safely and comfortably.
- Students will learn basic yoga breathing and vinyasa flow (coordinating breath with yoga movements).
- Students will develop a working knowledge of the Pilates technique.
- Through weekly practice, students will be able to demonstrate increased core stability, strength, coordination, balance, flow, flexibility, and breath control.

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 the class after the specified 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 your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

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 in to 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.

Coming late/leaving early:

Because your grade is based mainly on attendance, you need to attend class in order to receive credit for class. Please be on time and plan to stay for the entire class. If you miss more than 10 minutes of a class, whether that is by arriving late or leaving early, you will have to make the class up.

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. For classes that meet twice a week, you are allowed 4 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 before attending a make-up class. This is to ensure that there is space in the class and to request that the instructor allow you to drop in. 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.

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).

Schedule:

Week 1	Brief explanation of the history and philosophy of yoga and Pilates. Key elements in mat practice. The hundred, the roll-up, rolling like a ball, introduction to the abdominal series. Key elements in vinyasa yoga practice. Basic sun salutations. Supine twist. Relaxation in savasana (corpse pose).
Week 2	Continuation of the abdominal series, single leg circles, the saw, introduction to the side kick series, introduction to prone exercises. Sun salutation A and B. Seated twist. Relaxation in savasana.
Week 3	Review of previously learned Pilates exercises, open leg rocker, continuation of side kick series. Sun salutations, the triangle, the tree, the bridge. Relaxation in savasana.
Week 4	Review of previously learned mat exercises, the rollover, the neck pull, heel beats. The revolving triangle, the wide leg forward bend, seated forward bend, the shoulderstand. Relaxation in savasana.
Week 5	Review the basics, open leg rocker, the corkscrew. Yoga balancing poses, twisting poses. Relaxation in savasana.
Week 6	Review of mat exercises. The intense side stretch pose. The plank. The leg pull-down. The leg pull-up. Relaxation in savasana.
Week 7	Review of mat exercises. Introduction to the Pilates teaser exercises. The boat, the bridge, lotus preparations. Relaxation in savasana.

Week 8	Review of mat exercises. Continuation of Pilates teasers. The half moon pose. The lotus. Relaxation in savasana.
Week 9	Review of mat exercises. Mermaid/side bends. The side plank pose. Bridge variations. The seated forward bend. Relaxation in savasana.
Week 10	Review of mat exercises. The camel and variations. The Pilates push-ups. Relaxation in savasana.
Week 11	Review of mat exercises. Single and double leg kicks. Single leg circle variations. The bound angle pose. The seated angle pose. Relaxation in savasana.
Week 12	Review of mat exercises. The scissors. The crab. Sun salutation variations. Introduction to the crow. Relaxation in savasana.
Week 13	Review of mat exercises. Variations of exercises using the Magic Circle. More yoga balancing poses. The teasers. Continuation of crow and introduction to side crow. Relaxation in savasana.
Week 14	Review of mat exercises. More Magic Circle exercises. The shoulderstand, the plow, the fish. Relaxation in savasana.