

PDP MB 111 Slow Flow and Yin Yoga

Instructor: Evalyn Mehta

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Meets once per week: 1.0 Credit

Course Description:

This class is designed to blend slow flowing yoga movement with extended holds in deep postures. The flow movement warms and stretches the muscles and helps students tone breath and body together. The Yin Yoga portion of this practice works on improving flexibility and joint mobility, increasing circulation, and reducing stress and anxiety. Holding postures promotes calmness and clarity of mind. It teaches us stillness in a fast-paced world.

Required Equipment:

Yoga mats will be provided, but you may bring your own if you prefer. I encourage you to wear loose, comfortable clothing.

Course Goals:

By the end of this course, students should:

- Know sun salutations A, B, and C
- Have a basic knowledge of Sanskrit terminology for poses
- Have an understanding of Bhava or “Feeling Mind”, integration, and energetic alignment—vital components in Vinyasa Flow.

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 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 to 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).

Schedule

Weeks 1-3	Introduction to what slow flow is like; focus is on connecting breath with movement. Yin style poses – holding for a minimum of 1 (one) minute. Teach breathing techniques. 5 (five) to 7 (seven) minutes Savasana.
Weeks 4-7	Build on slow flow; teach benefits of repetition. Yin style poses – hold for a minimum of 2 (two) minutes. Practice breath techniques and introduce short meditation. 7(seven) to 9 (nine) minutes Savasana.
Weeks 8-11	Lengthen holds in Yin poses – 3 (three) to 4 (four) minutes each. Breath and meditation. 8 (eight) to 10 (ten) minutes Savasana.
Weeks 12-14	Slow flow, Yin postures, restore and meditate, Savasana