

PE 108
YOGA
Summer 2024

Faculty

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Location: PAV 201 and at home (Hybrid)

Class

Section: A

Time: approx. 2 hrs per week.

Start date: 06/26/2024 for home practice and assignments, and Wednesdays 10:30am-11:40am for in person (no in person classes 06/26 & 07/03) First in person class 07/10

End date: 08/14/2024 Be sure to attend all 6 in person classes and submit weekly homework

Tentative course schedule

Assignments due dates: Tuesdays by 10am. You may submit assignments any day/time before the due time. You are given 1 week for each assignment.

First Week: Syllabus & Learning Contracts; Introduction to Transformation Through Yoga Basics, Familiarize yourself with the yoga online program. Gain access to Module 1.

First Assignment is due on Tuesday, July 2nd, 2024 by 10am

Last Week: Final Assignment due on Tuesday August 13th, 2024 by 10am

(Class Schedule & Syllabus Subject to Change)

Course

Credit hours: 1.00

Prerequisites: None

Recommended preparation: A quiet space to practice yoga, yoga mat or carpeted area. Be sure you have enough room to extend your body without contact of furniture. Room temperature should be comfortable for you. Can also be practiced outside on grass. Wear comfortable clothing for stretching and remove your socks.

Required preparation: None

AAS degree requirements: Listed Elective

Fulfills additional requirements: None

Required or recommended textbooks: None

Required or recommended other resources: Will be given throughout the course

Required or recommended materials: Yoga Mat or carpeted floor

Course description

This course examines the instruction, practice, and exploration of yoga. Includes introduction to yoga postures, breathing/relaxation techniques, introspection, and home practice. While there is an abundance of information in this course, it is designed to be more transformational than informational. The emphasis being: learning through personal experience, postural alignment for safe yoga practice that promotes whole body awareness of balance, strength, flexibility, relaxation, and breath awareness.

Course Objectives:

1. Students will be able to demonstrate yoga postures, breathing exercises, and relaxation techniques learned by actively participating throughout the course.
2. Students will be able to demonstrate basic yoga concepts by participating in assignments related to mind-body home practice.

Course outcomes: Upon successful completion of this course, each student should be able to...

1. Demonstrate yoga postures, breathing exercises, or relaxation techniques throughout the course.
2. Experience mind-body transformation and benefits of yoga.

Core learning abilities: WCC's core learning abilities (CLAs) - quantitative literacy, information literacy, communication, critical thinking, and global consciousness - are skills taught and reinforced throughout our curriculum. These skills are integral to students' professional and personal lives. This course will give you the opportunity to practice and develop critical thinking.

Course requirements and policies:

1) Wholehearted Participation

2) Submitting Assignments

4) Grading: "Letter Grade" (A-F) or "S/U Grading Only"

S/U grading (satisfactory/unsatisfactory) is usually requested when a letter grade may negatively impact your GPA or when you are taking a class because of interest and do not want a letter grade. To receive a "S" grade on a "S/U" basis, a C- in the course must be earned. Any regular letter grade course can be changed to S/U grading at the registration window through the 8th week of the quarter. You should think carefully before making this choice. Many universities will not accept S/U grades for courses which are used to meet general university requirements if transferred outside of the AAS degree. Also, many departments do not accept S/U grading to meet departmental course prerequisites.

5) Incompletes: Indicates that a student is given permission to complete the requirements of a class at a later date. Incomplete will only be issued in a real life/death situation.

PE 108 YOGA LEARNING CONTRACT

Each week you will receive several activities to complete that include yoga for calming the mind, balancing stress, stabilizing the body, breathing techniques, and yoga reflections for journaling. As you progress you will find yourself on a journey of Self-realization and the activities will become more in depth and profound.

By being registered in this course, I acknowledge the following grading scale based on practice and submitting assignments. Each assignment consists of a yoga practice and 2-3 written activities due a week from the day they were assigned, if you need an extension, please ask for one prior to the assignment due date or risk it not being considered in your grade.

- A = Completed 6 in person Yoga practices and submit 7 assignments on time (equal to 16 homework activities)
- B = Complete 5 in person Yoga practices and submit 6 assignments on time (equal to 15 homework activities)
- C = Complete 4 in person Yoga practices and submit 5 assignments on time (equal to 14 homework activities)
- D = Complete 3 in person Yoga practices and submit 4 assignments on time (equal to 12-13 homework activities)
- F = Completed less than 3 in person Yoga practices and less than 4 assignments submitted (11 homework activities or less)
- By being registered in this course, I acknowledge that yoga is a physical activity and as with all physical activities, there is the possibility of injury through my participation. I acknowledge that such risks exist. I agree to participate at my own risk and to be responsible for setting limits for myself at all times.
- By being registered in this course, I acknowledge that physical and mental participation is the foundation for practicing yoga. I fully understand that this is not a spectator sport. Yoga is a participatory activity where my presence has value for Self realization and actualization and directly/indirectly benefits humanity. This course is a blend of an in person class setting where you will follow the movements of an instructor into the various Yoga poses and then receive written assignments as homework, and online, the instructions are given in media form and it is expected that you engage in the physical practice on your own.
- By being registered in this course, I acknowledge that I am responsible for making sure that I have successfully communicated with the REGISTAR for a letter grade or a pass/fail grade. I also acknowledge that Incompletes will only be issued in a real life/death situation
- By being registered in this course, I acknowledge that if I am a *RUNNING START* student I am considered an adult learner and expected to successfully fulfill all the requirements of this class. All students will be treated fairly and equally.

Please note: If you cannot agree to this learning contract, I would recommend not remaining in class. There are numerous individuals on the waitlist and I would like to insure that everyone registered for class this quarter has the ability and desire to be 100% committed to the weekly routines and assignments

Reminders:

1. Wear comfortable clothes – leggings, shorts, & tee shirts, are great. Be sure to cover up or wear several layers of clothes for the relaxation pose.
2. Yoga props such as blocks, straps, or blankets are recommended. (you can improvise and use a scarf or belt.)

3. Be sure to read the weekly announcements for specific instructions, usually posted on Mondays.

Disability accommodations

Any student with a disability requiring auxiliary aids, services, or other reasonable accommodations should contact the access and disability services office in the entry and advising center in LDC 116 or call 360-383-3080 or 360-255-7182 (videophone) to make an appointment. Please see me for further instruction.

Affirmation of inclusion

WCC is committed to maintaining an environment in which every member of the College community feels welcome to participate in the life of the College, free from harassment and discrimination. We welcome people of all races, ethnicity, national origins, religions, ages, genders, sexual orientations, marital status, veteran status, abilities and disabilities. Toward that end, faculty, students and staff will treat one another with respect and dignity; promote a learning and working community that ensures social justice, understanding, civility and non-violence in a safe and supportive climate; and influence curriculum, teaching strategies, student services and personnel practices that facilitate sensitivity and openness to diverse ideas, peoples and cultures in a creative, safe and collegial environment.

Netiquette statement

The Whatcom Community College Netiquette Statement states that students participating in WCC's online courses agree to interact with others in a positive, cooperative and supportive manner and display respect for the privacy and rights of others. This statement is inclusive of, but not limited to the following guidelines:

Be courteous about what you say to or about others in any electronic format. In electronic communication, the golden rule is, "Remember the Human"; there is a real person with real feelings on the receiving end of your post.

- Be respectful and open to opinions and ideas that differ from yours. The exchange of diverse thoughts, ideas, and opinions are an essential part of the scholarly environment. Keep in mind that the people in your classes may come from backgrounds and have views that may vary significantly from your own.
- Flaming is not appropriate under any circumstances. While everyone (learners and instructors alike) is encouraged to share ideas and opinions openly, you should never use insults or resort to name-calling even if you disagree strongly with what someone else has written.. Flaming is the posting of messages that are deliberately hostile and insulting in an online social context.
- When responding to messages or posts made by others, address the ideas, not the person.
- Be careful when using sarcasm and humor. Without social cues, such as facial expressions and body language, a remark meant as humorous could come across hurtful or offensive. Don't assume that the use of emoticons, such as :-) are enough to convey your tone or intent.
- Capitalizing whole words is generally seen as SHOUTING and is often offensive to the reader. Use all capital letters sparingly, such as to highlight a meaningful word or point.

Technology requirements statement.

You will need regular access to a desktop or laptop computer with an internet connection. High-speed broadband access (LAN, Cable, or DSL) is highly recommended for optimal learning experience. The College has numerous computer labs and a library with computers that may be used to complete coursework.

Please use Firefox or Chrome as your web browser when you use Canvas.

Software:

- Individual courses may have additional software requirements. This may include video or audio playing software or a specific software application.
- Most courses require word processing software.

You may access and interact with most course elements, readings, multimedia, email, and discussions on Canvas through tablets and smartphones. While tablets, smartphones, and other mobile devices may allow for some completion of coursework, they are not guaranteed to work in all areas. Please ensure you have a desktop or laptop computer available to complete coursework. We recommend that students do not attempt quizzes on Canvas when using a mobile device, such as a smartphone or tablet, due to compatibility issues.

Non-discrimination policy, Title IX, and sexual misconduct

WCC does not discriminate on the basis of race, color, national origin, religion, sex, disability, honorably discharged veteran or military status, sexual orientation, genetic information or age in its programs and activities. WCC's discrimination and harassment policy ([policy 615Links to an external site.](#)) and the student rights and responsibilities policy ([WAC 132U-125Links to an external site.](#)) strictly prohibit sexual harassment, intimidation, and violence. Anyone who has experienced sexual misconduct is encouraged to contact a WCC counselor in entry and advising (Laidlaw 116) at 360-383-3080 to receive confidential support and learn about reporting options. Any disclosure of such misconduct shared with another faculty or staff member is non-confidential and requires a report to WCC's Title IX coordinator, who has been designated to handle such reports. Inquiries regarding non-discrimination, Title IX, and sexual misconduct policies can be directed to the executive director for human resources, 237 W. Kellogg Road, Bellingham, WA 98226, 360-383-3400.

Student conduct expectations:

WCC students are expected to respect individual rights, recognize their impact on others, and take responsibility for their actions. Students may be subject to disciplinary action for any activity that unreasonably disrupts the operations

of the college. The college may impose disciplinary sanctions against a student

who commits, or assists others to commit, acts of misconduct and/or academic dishonesty.

Academic dishonesty includes cheating, plagiarism, fabrication, and facilitating academic dishonesty. Dishonesty and misconduct include forgery, assault, intimidation, cyber-misconduct and harassment. Academic Integrity is expected of all students. Please read carefully and observe these

specifications <https://catalog.whatcom.edu/student-rights-and-responsibilities-policy-student-conduct-code>Links to an external site.

Accommodations for reasons of faith or conscience: Students who will be absent from course activities due to reasons of faith or conscience may seek reasonable accommodations so that grades are not affected. Such requests must be made to the instructor within the first two weeks of the quarter and should specify the exact dates the student will miss. The instructor and student will then identify the specific reasonable accommodations for the missed class sessions.

Student support services

WCC is committed to supporting the academic success of all its students. The College has adopted a proactive early alert referral system, which is a collaborative, student-centered program involving faculty, advisors and students. The early alert referral system is a tool for faculty to identify students who are experiencing academic or attendance difficulties during the first few weeks of each quarter. Students who receive an alert will be contacted by someone on the early alert student success team to direct them to appropriate next steps and resources for success. As your instructor, I also encourage you to contact me if you receive an alert so we can discuss options for helping you to be successful in this course and at WCC. An early alert webpage with campus resource information is located at www.whatcom.edu/get-started/advising-career-services/early-alert.

The library provides students with personalized services to find content and other information to meet your scholarship needs. Lounge furniture, computers, copy machines, course reserves, group study areas, white boards, books, articles, deep web resources, and map resources may be accessed in the library and online. The reference desk may be accessed by phone (360-383-3285) or online 24/7 through "ask a librarian" at library.whatcom.eduLinks to an external site.. Located in the Heiner building, the library is open Monday through Thursday 8 am to 9 pm, Fridays 8 am to 5 pm, and Saturdays 12 noon to 4 pm.

The intercultural center, located in Syre 217, provides support to students who have traditionally been underserved, and promotes educational equity and academic achievement for all students by providing access to resources and a safe place to connect by co-creating a culture of inclusion, dignity, and respect. Contact 383-3100 or diversity@whatcom.ctc.edu for more information.

If the college closes due to inclement weather or any other unforeseen circumstances, you can find out by calling the college's main switchboard at 360-383-3000, consulting the WCC website (whatcom.edu), by signing up to receive Whatcom Alert messages on your MyWCC page, or by listening to one of the following radio stations:

KPUG-1170, KAFE 104.1, or KGMI-790. Be advised: If the college is open, you should always base your decision on whether or not to attend class on what's safest/best for you

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FREQUENTLY ASKED QUESTIONS

1. What is yoga?

The word YOGA in Sanskrit, literally means to “yoke or bind”. It is the union of the body and the mind with Spirit/Essence/Being. Yoga also involves living mindfully, thoughtfully, and ethically in word, thought, and deed.

2. I've never taken a yoga class before. What should I expect?

Each class is designed to start and end with a breathing or relaxation exercise. The rest of the time will be dedicated to practicing yoga postures. There is an ancient yoga saying – “Take the practice seriously, and yourself lightly.”

Yoga is considered a wonderful health system – it is not a religion.

3. I am overweight, underweight, have arthritis in both knees, asthma, high blood pressure, diabetes. Can I take this class?

Yes. However, you may want to check in with your health care practitioner and get their blessing. They are welcome to contact me if they have any questions or concerns. The bottom line with practicing yoga is that you are empowered to listen to your body and encouraged to ease into the postures and back off if something does not feel right.

4. What if I am injured? Should I still submit assignments?

Yes, Yes, Yes. One does not go through life injury free. Learning to work with and around injuries is a very valuable lesson. An injury can give you compassion and actually help you understand the postures in a different light. This includes physical, emotional, and psychological injuries.

5. Can I still practice if I am menstruating?

Yes. Always listen to your body. Every body is different, so it is up to you to be gentle, and back off from anything that will cause harm. Practice listening carefully to your body. Rest in child's pose.

6. What do I wear?

Wear comfortable non-binding clothes such as sweatpants, leggings, shorts, and t-shirts. Remember that it is sometimes hard to predict how warm or cool the room will be, so it is best to wear layers, so you can control your own comfort level.

7. Why is breathing so important?

Breath is life. It is the vital tool we use to unite the body with the mind. It is also accessible 24 hours a day and seven days of week. It is your best friend. And you will find practicing Yoga much easier if you are breathing mindfully.

8. Yoga people seems so flexible, I feel like a klutz, and I'm so tight.

Relax. Lighten up. It's not a contest. Let go of comparison, competition, judgment.

The purpose of Yoga is to find that balance between the body and the mind.

9. Do I have to be a vegetarian to do Yoga? Are you going to recommend a special diet?

Yoga works from the inside out. The best part of doing Yoga is that it will help you tune into what your body needs. You do not need to be a vegetarian, nor do I recommend any particular diet. Yoga will teach you to pay attention to your body's needs. You may want to eat lightly before class. (Some students recommend a small yogurt, power bar, piece of fruit, or a light smoothie). Feel free to keep a water bottle close by in case you become thirsty or feel dehydrated.

10. Do I really have to practice and do homework?

There is Yoga on the mat and Yoga off the mat. Yoga is not a spectator sport – it is all about living and breathing as fully as you can, every moment of your life. By practicing breathing, postures, meditation, kindness, mindfulness, and journaling, you will discover new places within yourself and throughout your environment. Yoga is a lifetime practice; it is not something that you can learn overnight. It's work. And some of that practice is homework!

11. The postures are too hard.

Everyone finds some postures easy and others more difficult. It is more important to witness and notice how you approach practicing your asana practice. Are you competitive? Anxious? Easily upset? Angry? Frustrated? Is this how you learn something new? Remember learning to drive? Did you do it "perfectly" the first time you sat behind the wheel and put the key in the ignition? Lighten up. Let go. Let good.

12. Why do I need to a quiet environment?

This course is designed to assist you in tuning into your inner life and let go of distractions and anything that does not serve your well-being during practice.

13. I need an "A" in this class.

If you participate in each activity, pay attention, and submit the assignments on time during the course, you will have no problem earning an A for the quarter.

14. What's with all the yoga props I see advertised – blocks, straps, blankets, balls?

Yoga toys are great tools for getting in and out of postures and are optional. Some schools of yoga are very prop intensive, and others are bare bones basic. As with restaurants – we have many of choices. Try them all. And do what works for you.

15. I love this stuff. I'm really curious. How can I learn more about yoga?

Check out the internet, the telephone book, and/or visit local Yoga studios. Most of the Bellingham gyms offer Yoga classes too. Ask your friends, family, and relatives for assistance. Local bookstores have good basic Yoga books, supplies, and magazines.

Recommended Resources:

www.innercomposure.com

www.yogajournal.com and www.yogainternational.com

offers information on yoga resources including pose finder, Yoga 101, how to deal with injuries, expert advice from teachers, world wide yoga events, and free email newsletters.

The WCC Writing Center will be OPEN.

We will talk with you about questions you have, how to get started on assignments, your experiences as a writer, how to use and cite sources, Canvas issues, study techniques, and a lot more! We want to support meaningful, genuine studies and writing...and success in all of your classes. Hablamos español.

Zoom: Access us through the Learning Center Canvas

Gmail: Access us anytime, at wccwritingcenter@gmail.com