

Adventure Yoga

Sierra Nevada College

Jamie Otterstrom

Tuesdays & Thursdays 4:00pm – 5:30pm

PA 213

Course Code & No. - Section:	PHED 180
Course Title (Credits):	Yoga
Term & Year:	Fall 2015
Course Ref. No. (CRN):	80018
Instructor:	Jamie Otterstrom
Phone(s):	530-721-1623
Email:	TBD
Office:	N/A
Office Hours:	N/A
Class Meeting Time:	T/R 4:00 – 5:30pm 8/18 – 9/24
Location:	PA 213
Prerequisites (from Catalog):	N/A
Corequisites (from Catalog):	N/A

Course Description

This course is an introductory course to Hatha yoga, intended to provide mental, physical and emotional balance into students daily routine. The physical aspect of the class will be slightly challenging while strengthening core muscles, improving balance and grounding through breath. In addition throughout the classes students will be introduced to yogic philosophy. This yoga class is a discovery and acceptance of the individual self. Yoga classes will be held in various locations around Incline.

This is a beginner yoga class. No experience necessary and all students welcome.

Student Outcomes

Upon successful completion of this course, a student will be able to:

Move in an out of poses using proper posture and breath.

Develop a yoga routine that balances their daily life.

Have more compassion and patience for themselves.

Methods of Assessing Student Outcomes

Student outcomes will be assessed according to:

Attendance and Participation

Instructional Strategies

This course will be fun and challenging group practice of physical postures, movement, breath and deep relaxation. Come to class with an open mind and heart.

Required Materials

Yoga mat.

Beach towel.

Recommended (not required) Texts (for your own enjoyment)

How Yoga Works by Micheal Roach

Yoga for Body, Breath and Mind by A.G. Mohan

The Bhagavad-Gita by Georg Feuerstein

Attendance

Attendance is Mandatory! Grades are determined by participation.

Class Requirements

Students' attendance and active participation is mandatory. Students must arrive in a timely fashion in comfortable clothing, with empty belly and a smile!

Grading Policy

Grades are determined by attendance and participation.

ADA Accommodations

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, [HYPERLINK "mailto:hconover@sierranevada.edu"](#) [HYPERLINK "mailto:hconover@sierranevada.edu"](mailto:hconover@sierranevada.edu) [HYPERLINK "mailto:hconover@sierranevada.edu"](mailto:hconover@sierranevada.edu) hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

Class Schedule

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Class is often held outside, please dress accordingly.

The Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

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