

# Adventure Yoga

Sierra Nevada College

Jamie Otterstrom

Tuesdays & Thursdays 4:00pm – 5:30pm

PA 213

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

HYPERLINK "mailto:hconover@sierranevada.edu"

<mailto:hconover@sierranevada.edu>" HYPERLINK

"mailto:hconover@sierranevada.edu" [hconover@sierranevada.edu](mailto: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**

Tuesdays and Thursdays 4:00pm – 5:30pm

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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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