

Course: Introduction to Yoga - ACT 150 - 02
Location: Fitness and Recreation Center 003
Days and class time: 9:10 am - 10:00 am Monday and Wednesday
Instructor: Marina Zaleski
marina.yoga@gmail.com

Overview: This is a beginning class for students new to yoga &/or those wanting a review. During the course of the semester students will learn 30 fundamental postures. Other postures will be introduced if students are ready. Modifications are offered for students with stiffness or injury. Students will understand how yoga can develop and maintain physical fitness. The course will also briefly cover the history of yoga, yoga philosophy, how to create an at home practice, and how to increase strength and flexibility.

Objectives: Learn fundamental yoga postures
Learn how to use props for healthy alignment and modifications for tightness or injury
Begin to increase strength and flexibility
Learn to breathe properly
Reduce stress, practice being centered in action, relax and have fun!

Requirements (attire, equipment, etc.):

Griz Card: All students must have their Griz Card every day to enter the FRC. Any student denied access to the FRC for any reason will be marked absent for the day.

Attire: Come to every class prepared to participate. Wear clean clothing which is comfortable, easy to move in, and that you can wear upside down. Clean, bare, feet. Hair tied back. Any student that is unable to participate due to inappropriate attire will be marked absent for the day.

Equipment: Yoga mats, blankets, blocks, straps

Grading/Attendance: All students are allowed 6 hours of absences during the semester without jeopardizing their credit. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, personal days not recognized by UM, or staying out too late the night before. In other words, **WE DO NOT EXCUSE ABSENCES FOR ANY REASON. It is strongly recommended that students plan ahead and save their 6 hours of allowed absences for minor illnesses or other unexpected events that may occur during the semester.** Missing 7 or more hours will result in a grade of "NCR" (No-Credit). Due to the large number of ACTivity Classes and limited facility availability **we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).**

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) and cannot complete the minimum participation and attendance requirements, the ACTivity Class Director will assist the student with class withdrawal or work with the student to complete a "Petition to Extend Allowed Absences". Students should consult their instructors immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at;

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default.php

A note from the Curry Health Center or other medical provider that serves as documentation that a student missed class due to a minor illness or routine appointment will NOT be considered an "excused" absence. It is still an absence and will count towards the 6 hours of allowed absences each student receives for the semester. Students cannot petition to extend absences when missing a single ACTivity Class for any reason. Missing a single ACTivity Class will count towards the 6 hours of allowed absences each student receives for the semester.

Accommodations: The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H²PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; www.umt.edu/eo

Safety: Let Marina know if you have any preexisting injuries or if you're pregnant. Immediately report any in-class injuries to Marina. Listen to your body and go at your own pace.

Semester schedule: **This schedule is subject to change at Marina's discretion**

Examples of Themed Classes:

1. Hip Openers
2. Sun Salutations
3. Shoulder Openers
4. Standing Sequences
5. Twisting Series
6. Balancing Postures
7. Postures to Reduce Stress
8. Yin yoga: a quiet practice

Please note: A student is not required to do all the postures.

Watching a class on a challenging pose can be a great first instruction.

Please be on time and do not leave early. Please feel free to ask questions.