

**School of Kinesiology
Faculty of Health Sciences
Western University**

KIN course 2940T ±Yoga 2018

Instructor: Cassie Ellis

Office Hours: Available upon request

Office: Rm 3140 TH

Email: cellis42@uwo.ca

Class Times/Locations:

Mondays 12:30-2:30 AH-201

Wednesdays 12:30-2:30 AH-201

Fridays 1:30-2:30 HSB-9

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

Calendar Description: This course will explore the poses, history and appreciation of Yoga. Focus is on how to build poses, understand how the body moves and how to use breath work to enhance the overall experience.

My

Required Course Material:

All required readings will be posted **OWL**.

Course Evaluation Summary:

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| 1. Class Participation and Reflections | 10% |
| 2. Reflections | 12% |
| 3. Technique Evaluation | 8% |
| 4. Quiz #1 | 10% |
| 5. Quiz #2 | 10% |
| 6. Group Presentation | 30% |
| 7. | |

Tentative Schedule

Please be sure to come to all classes dressed ready to practice with a yoga mat.

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|--------|-----------|---------------------------|----------------------|
| Week 1 | Monday | February 26 th | First Class |
| | Wednesday | February 28 th | Class |
| | Friday | March 2 nd | Lecture |
| Week 2 | Monday | March 5 th | Class |
| | Wednesday | March 7 th | Quiz #1 |
| | Friday | March 9 th | Lecture Reflection 1 |
| Week 3 | Monday | March 12 th | Class |
| | Wednesday | March 14 th | Quiz #2 |
| | Friday | March 16 th | Lecture Reflection 2 |
| Week 4 | Monday | March 19 th | Class |
| | Wednesday | March 21 st | Class |
| | Friday | March 23 ^d | Lecture Reflection 3 |
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