Indiana University Northwest

Syllabus
HPER-E 290 Yoga II (1 credit)

Tuesdays and Thursdays 3:00 – 3:50; Savannah Center room 237

Instructor:
Cynthia Smith-Faught
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(219) 980-6958

Pre-requisite: HPER-E 190 or equivalent.

Curriculum:
Yoga II, Intermediate yoga, builds upon material presented in HPER-E 190 Beginning Yoga.

The class will continue an emphasis on breath and release work through yoga, including variations on familiar asanas, continued explorations of the body systems, and deeper understanding of the health benefits of this practice. The energizing and strengthening value of standing poses will also be featured.

Expectations:
Students are expected to:
- attend all classes
- be ready to begin class wearing comfortable clothing at 3:00 each day.
- be willing to participate fully in the yoga routines
- be open to learning more about the health benefits of yoga

Required Texts: None
Handouts and assignment sheets will be provided

Grading:
Grading is based on attendance, effort, and the completion of out-of-class written assignments.

Attendance 50%
Effort 30%
Assignments 20%