



## Course Information

Semester and Year: Spring 2025

Course ID and Section number: PE-19-E0155

Instructor's name: Tia L. Graham

Day and time of required meetings: tues/thurs 1:15pm-2:40pm

Location: Theater

Course units: 1

## Instructor Contact Information

Office hours: upon request

Phone number: (707) 476-4597

Email address: tia-graham@redwoods.edu

## Required Materials:

yoga mat

Journal or notebook for journaling

## Catalog Description

Course is designed to explain, demonstrate, and provide practice of various basic and beginning yoga postures. Students will learn basic poses, basic breathing techniques, and relaxation techniques.

## Course Student Learning Outcomes

### Course Learning Outcomes for PE-19 Yoga

#### 1. Demonstrate Basic Yoga Postures (Asanas):

- Students will learn and demonstrate proper alignment and technique in fundamental yoga poses (e.g., Downward Dog, Warrior, Tree Pose).
- Students will be able to perform a series of basic yoga postures and understand their benefits for strength, flexibility, and balance.

#### 2. Understand Yoga Breathing Techniques (Pranayama):

- Students will understand and practice basic breathing techniques (e.g., diaphragmatic breathing, Ujjayi breath) to enhance mindfulness and regulate energy during yoga sessions.
- Students will develop an awareness of the connection between breath and movement.

### **3. Cultivate Mindfulness and Mental Focus:**

- Students will learn to integrate mindfulness into their yoga practice, focusing on the present moment and using breath to guide movement.
- Students will recognize the importance of meditation and breathwork in reducing stress, improving concentration, and promoting emotional balance.

### **4. Increase Flexibility and Strength:**

- Students will demonstrate increased flexibility in key areas such as the hamstrings, hips, shoulders, and spine.
- Students will develop strength in various muscle groups, especially the core, legs, and upper body, through yoga practice.

### **5. Develop Balance and Coordination:**

- Students will improve physical balance and coordination through standing poses, balance postures, and transitions.
- Students will understand how yoga can enhance body awareness and help improve overall coordination and stability.

### **6. Understand the Principles of Yoga Philosophy:**

- Students will learn about the history and origins of yoga, including its traditional roots in India.

### **7. Practice Yoga in a Safe and Supportive Environment:**

- Students will learn how to practice yoga safely, focusing on proper body alignment to prevent injuries.
- Students will be taught how to modify poses and use props (e.g., blocks) for different body types and abilities, ensuring accessibility for everyone.

### **8. Explore the Concept of Relaxation and Stress Relief:**

- Students will learn techniques for relaxation through yoga, including guided meditation, relaxation poses (e.g., Savasana), and mindfulness practices.

- Students will reflect on their progress, setting personal goals to deepen their practice over time.

## 9. Foster a Positive and Supportive Community:

- Students will develop a sense of community and support through group yoga sessions, learning the value of practicing yoga in a shared space.
- Students will explore how yoga can promote self-compassion, body positivity, and respect for oneself and others.

## Course Calendar

NO CLASS :

2/26th Thursday

3/13<sup>th</sup> Thursday

4/2nd Thursday

4/8<sup>th</sup> Tuesday

Evaluation and Grading Policy

**Absence limit:** 3 absences before it affects your grade.

**Make-up assignments:** You can do up to 3 make-up assignments to make up for any absences after those absences.

**Participation:** This is worth **60%** of your final grade.

**Journal check-in:** This is worth **10%**.

**Final:** This is worth **30%**.

## Prerequisites/corequisites/ recommended preparation

[If applicable, list prerequisites, corequisites and recommended preparation in paragraph form. If none, write None.]

## Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: [sass@redwoods.edu](mailto:sass@redwoods.edu).

## SASS office locations and phone numbers

### Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

### Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

### Klamath-Trinity campus

- Phone: 707-476-4280