**Yoga 110**

**S. Hudson**

**Gym/Room 238**

Yoga 11 introduces students to the ancient tradition of Yoga in its various forms and styles. With its vast capacity to bring vibrant health to body, mind and emotions, the intention is for students to develop a lifelong personal practice of Yoga not only to maintain exceptional physical condition, but also to develop healthy relationships with self, others and the world around them.

Students will participate in various activities, including the physical practice, personal reflection, partner exercises, group discussion and classroom theory.

**Outcomes include:**

1. The origins and philosophy of Yoga.
2. Proper breathing and asana practice.
3. Yoga and healthy eating.
4. Personal growth with self and relationships with others.

**Materials required:**

Yoga mat and gym clothes.

**Expectations:**

1. Students will do all assigned work to the best of their ability and come for extra help when necessary.
2. Students are responsible for being prepared for class, with **all** materials, and their homework completed.
3. Students are responsible for all work assigned, **whether or not** they were present when the work was given.
4. Due dates are to be respected. If there is a problem regarding an assignment being passed in on time, the student is expected to see me before the due date.
5. Students are also expected to be polite, respectful and on time.

**Evaluation:**

Term 1: 50% Term 2: 50%

Term Marks:

 Practice and Participation 50%

Projects and assignments 50%