# YOGA

## COURSE SYLLABUS

**Physical Education #1117 C01A**  
Alumni Gymnasium  
C-Term 2009  
Tuesday & Thursday  
8:00 — 8:50 AM

### INSTRUCTOR:

Brenda Morris

### CONTACT:

Gregory Snoddy, Ed.D.  
1st Floor Alumni  
(508) 831–5800  
gsnoddy@wpi.edu

### COURSE DESCRIPTION:

Awaken and renew your body as well as your spirit with this refreshing and relaxing approach to the classic form of Yoga. You will be introduced to a series of postures that you may explore and open up into with increased practice and concentration. Class includes breathing and guided relaxation/mediation component. All levels are welcome.

The class will meet in Alumni Gymnasium beginning on Thursday, January 15 at 8:00 AM. The last class is Thursday, March 5, 2009.

### COURSE OBJECTIVES:

1. To develop cardiovascular system.  
2. To increase flexibility and endurance.  
3. To enhance energy and wellbeing.

Class attendance and active participation. Class starts at 8 AM. Participants must wear comfortable clothes, bring a mat or towel, and a bottle of water.

### COURSE REQUIREMENTS:

Attendance and active participation is required. Missed classes will result in a lower grade. There are no make-up classes available. Attendance is taken daily.

A = 13/14 Attendances and active participation  
B = 12/14 Attendances and active participation  
C = 11/14 Attendances and active participation  
N/R = any less than 11 attendances.

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*If you need course adaptations or accommodations because of a disability, or if you have medical information to share with me, please make an appointment with me as soon as possible. If you have not already done so, students with disabilities, who believe that they may need accommodations in this class, are encouraged to contact the Disability Services Office (DSO), as soon as possible to ensure that such accommodations are implemented in a timely fashion. The DSO is located in Daniels Hall, (508) 831-5235.*