

**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](mailto: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:**

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.

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





