

# Beginner Yoga Syllabus

**Instructor:** Payton Miller

**Office Location:** Outside of Dr. Renshaw and Mrs. Powers' office, GPC 102 (lower level, first door on the right)

**Office Hours:** Monday–Friday, 8:00 a.m.–12:00 p.m. (unless posted otherwise)

**Email:** pem21wi@sulross.edu

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## Course Description

This course introduces students to the foundations of yoga, including basic postures (asanas), breathing techniques (pranayama), relaxation, and mindfulness practices. Designed for beginners, the class focuses on developing flexibility, strength, balance, and stress reduction in a safe and supportive environment.

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## Course Objectives

By the end of this course, students will be able to:

1. Demonstrate a variety of beginner yoga poses with proper alignment.
  2. Practice breathing techniques that enhance relaxation and focus.
  3. Apply mindfulness strategies for stress management.
  4. Develop an introductory yoga routine for personal practice.
  5. Understand the benefits of yoga for physical and mental well-being.
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## Required Materials

- Comfortable, stretchy clothing

- Water bottle
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## **Attendance & Participation**

- Active participation is essential to learning yoga.
  - Attendance will be taken in each class.
  - Please notify the instructor if you must miss a session.
  - Students are encouraged to listen to their bodies and rest when needed.
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## **Course Schedule**

**Monday/Wednesday 12-12:50**

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## **Evaluation**

- **Attendance & Participation:** 75%
  - **Final Personal Practice Plan:** 25%
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## **Classroom Guidelines**

- Arrive on time.
- Practice respect for yourself and others.
- Modify poses as needed—yoga is about progress, not perfection.

- Inform the instructor of any injuries or physical limitations.