



**Course Syllabus: Spring 2025
US 397.02E
Gentle Yoga, Relaxation, & Us
Thursdays 3:30 p.m. – 4:45 p.m.; January 13 – March 7**

This class meets in Nursing & Health Science Building 164

INSTRUCTOR INFORMATION

Instructor: Lauren Rhodes, M.S., RYT-500

Office Hours: Office hours will be conducted virtually by appointment.

Email Address: Lauren.Rhodes@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: Under normal circumstances, response time will be within 24 hours.

COURSE INFORMATION

Materials: Text, Readings, Supplementary Readings

Supplementary Text: Kaminoff, L., & Matthews, A. (2007). *Yoga Anatomy*. Human Kinetics.

Course Description: This course is a welcoming, beginner-friendly yoga class designed to introduce you to the foundational principles of yoga while emphasizing comfort and accessibility. Using props such as chairs, straps, and blocks, you'll learn how to adapt poses to suit your individual needs and abilities. The class focuses on gentle stretching, relaxation techniques, and safe alignment, making it ideal for those new to yoga, individuals recovering from physical limitations, or anyone seeking to improve flexibility and reduce physical and mental tension.

In addition to physical practice, you'll be introduced to basic yoga terminology, such as *asana* (postures) and *pranayama* (breathing techniques), and explore key concepts of yogic philosophy, including mindfulness and the connection between body, mind, and breath. By fostering a supportive environment, this class promotes not only physical well-being but also a deeper understanding of yoga's holistic approach to cultivating balance, inner peace, and self-awareness.

Student Learning Outcomes: By the end of this course, the participant will be able to:

1. **Demonstrate Foundational Yoga Practices**
Students will be able to perform foundational yoga poses (*asanas*) with proper alignment and modifications using props such as chairs, straps, and blocks to suit their individual abilities and needs.
2. **Apply Basic Yoga Terminology and Philosophy**
Students will be able to identify and use basic yoga terminology (e.g., *asana*, *pranayama*, *savasana*) and describe core concepts of yogic philosophy, such as mindfulness, the mind-body connection, and the principles of balance and relaxation.
3. **Develop Flexibility and Stress Management Skills**
Students will improve their physical flexibility, joint mobility, and muscular relaxation while learning techniques to manage stress and reduce tension through breathing exercises (*pranayama*) and mindful movement.
4. **Foster a Personal Yoga Practice**
Students will build confidence in creating and maintaining a safe and effective personal yoga practice, integrating relaxation, breathwork, and gentle stretches into their daily routines to support overall well-being.

COURSE REQUIREMENTS

Instructional Methods/Activities/Assessments

Participation (Each class is weighted as 12.5%): Grades for this course will be based on participation in each class. Expectations include full preparation, attendance, and active engagement in all class activities and with all course materials. Beyond the first class, each meeting will expect advance preparation from participants to fully engage in activities.

**Measures Student Learning Outcomes 1, 2, 3, and 4.*

GRADING

Course Grades: The overall grade in the class will be assigned as either S (Satisfactory) = 60% - 100%, or U (Unsatisfactory) = 0% - 59%.

TECHNOLOGY REQUIREMENTS

LMS: All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are the technical requirements.

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

This syllabus is tentative and subject to change.

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Access and Navigation:

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course-Specific Policies and Procedures

Attendance: Attendance, preparation, and full participation are expected and required in this class.

Grades of Incomplete: A grade of Incomplete (X) will not be given in this class.

Late Work: Under normal circumstances, late work is not accepted in this class.

University-Specific Policies and Procedures

Student Conduct:

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

ETAMU Attendance:

For more information about the attendance policy please visit the [Attendance Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity:

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

AI Use Policy:

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students with Disabilities-- ADA Statement:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services:

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice:

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement:

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M University Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#)

document and/or consult your event organizer. Web URL:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

East Texas A&M University Supports Students' Mental Health:

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

COURSE OUTLINE *(All class assignments are scheduled tentatively at this time. They may be changed, but advance notice will be given in class.)*

Date	Topic	Class Activities
1/16	Intro to Yoga	Basic yoga terminology Alignment of foundational asanas Introduction to yamas
1/23	Foundational Asanas	Incorporation of supportive props Basic Anatomy Personal goal setting
1/30	Sun Salutation	Introduction to Sun Salutation Breath work Meditation
2/6	Yoga Flow	Sequencing considerations Developing your own practice
2/13	Restorative Practice	Recognizing tension Mindfulness Meditation
2/20	Spine Health	Spine health consideration Poses that improve spine mobility
2/27	Hip Opening Practice	Importance of hip mobility Incorporation of yamas off the mat
3/7	Refresh & Rejuvenating Practice	Heart opening poses Balance focus Meditation