**Yoga**

**Students, please share this information with your parents…and have them sign it!!!**

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Phone: 488-2468 Office hours: odd-numbered days 10:15-10:50

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**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What is Yoga?**

Yoga has been practiced in India for many thousands of years. It has evolved through the ages as both a philosophy for living a unified and balanced life and as a system of exercise and personal development. Our classroom practice of yoga will consist of a number of movements, postures, and particular ways of breathing designed to relax, strengthen, and develop better body awareness.

Our **GOALS** in this class are to:

* Have fun doing the exercises and learning sequences of movements, postures, and breath-work to gain strength and flexibility.
* Learn about the historical and philosophical foundations of Yoga.
* Develop an appreciation for Yoga as a way to maintain a healthy body, an open and untroubled mind, and a compassionate heart.
* Learn more about ourselves and expand our horizons.

**What will we need for class?**

1. You will need **comfortable clothing** that allows you to move freely and **a towel or blanket** with your name on it.

2. You will need a **spiral notebook** for our journaling activities and to chart your personal progress.

3. ALWAYS have your **student planner** in class with you!

**How will we be graded?**

Your grade will be based on your **daily participation** in class. Each day you will be assigned points for the following:

* Coming to class on time, staying in class all period unless given permission to leave.
* Respecting others in the class and respecting the learning environment.
* Participating in all class activities which include, but are not limited to:

Relaxation and centering exercises, yoga postures and their modifications, breathing exercises, practice of postures in sequence, class discussion, recording your personal progress through in-class journaling, developing a short personal yoga sequence, and writing a short essay on a yoga topic of your choice.

**What about tardies and absences?**

If a student is tardy 3 times they will be given a payback and must attend Isolated Lunch. Every tardy after that will result in another payback. The process starts over at the beginning of each 9 weeks. Attendance is crucial. Students will **not** be able to make up work for unexcused absences. Students with 2 or more excused absences must see me about make up work.

**Discipline Plan…**

I expect students to show up as their “most awesome selves” each and every day, and to practice kindness. Kindness includes: **Respect for self and others** & **Participating to the BEST of your ability**

In situations where a student may fall short of behaving with kindness they will be gently reminded of the importance of our guidelines. If unkind behaviors continue they will be asked to take a time-out in the front office and I will speak with their parents.