Syllabus

Yoga Mrs. Tsolomitis

Welcome to our Yoga class. This yoga course is designed to increase both physical and mental fitness - allowing students to get more out of day-to-day life and cross-train skillfully for other sports or life stressors.

Through the practices of basic postures, breath techniques, mindful meditation, mindful walking, nature exploration, and guided relaxation students will build confidence, strength, awareness, and flexibility while having fun.

Natural effects of this regular class include: vibrant/tangible health, increased concentration, an ability to maintain positive focus in challenging situations, an increased awareness and connectedness to fellow humans and nature, and increased presence and happiness through thoughtful personal choice.

All activities within the classroom are expected to contribute to an atmosphere of learning in which respect, participation, and a positive attitude are essential components.

In order for us to accomplish our community and personal goals please make note of the following guidelines:

- Be Present! Attend every class. Arrive on time, with class materials (yoga mat), and be dressed appropriately.
- Begin by sitting or stretching quietly on your mat.
- Honor your own body and its strengths and limitations on any given day. Only do what you feel is healthy for your body.
- Listen to your teacher, your peers, and your own body for maximum growth.
- Seek increased understanding when needed. I welcome and encourage your curiosity toward understanding. Ask questions and share observations.

Course Equipment:
Yoga Mat (highly recommended to have your own - school can provide if necessary)
Yoga Blocks (optional - school can provide)
Comfortable Clothing (no buttons, zippers, or constrictions)

You will be assigned a locker to store your supplies and clothing for yoga as well as your backpack and technology (phones in locker). Please clean mats regularly.

Grading:
A passing grade in yoga earns .5 PE credit for the semester. Our class is based on participation, personal growth, and curiosity.

Participation – be Present! This is technically calculated on participation/attendance, timeliness, and being dressed out/prepared. This directly affects your personal growth and the growth of our community.

Personal Growth – you will determine your own arc of growth in yoga and will self-evaluate throughout the semester.

Attendance – While I would like for you to be present every day - you may earn make up points by being active for 60 minutes (in an additional activity, not your sport), having a parent or instructor sign your make up form, and giving it to your teacher within two weeks of your excused absence. One form per absence is required. Only excused absences may not be made up for credit.

Make Up Form - It needs to include your first and last name, class period, date of absence, make up activity and length of time, parent or guardian signature. See example below or print the third page and use the form :)

Grading Scale:

93-100	A	80-82 B-	67-69 D+
90-92	A-	77-79 C+	60-66 D
87-89	B+	73-77 C	< 60 F
83-86	B	70-72 C-	

Grade Composition:

Participation	100%

The intention is for you to gain awareness and personal habits that you will continue to practice and develop throughout your lifetime.

I look forward to sharing yoga practice and purposeful space with you ~ welcome.
~ Mrs. Tsolomitis

~ Yoga ~

Yoga Class Make Up Form

Mrs. Tsolomitis, M.Ed.

It is expected that you will be regularly present for yoga class but sometimes absences do occur.

You have the opportunity and are encouraged to make up excused absences from our Yoga Class. In order to make up your excused absence you must:

1. Participate in a physical activity for 60 continuous minutes for each day being made up. Aerobic activities such as, yoga, hiking, swimming, jogging, bicycling, etc., are best, but others may be accepted. Your sport practice do not count as PE make up.

2. Use a separate form for each.

3. Complete the activity and bring back this form signed by a parent or guardian on or before the due date.

4. All excused absences must be made up within two weeks of your return to school. If not made up within this time period, a 0 grade will remain. Unexcused absences cannot be made up. The absence must show as excused before form is received.

5. If you will be away for a prearranged absence from school, please talk with your teacher before leaving to discuss the possibility of doing make up work before or during the absence. (again, one form per absence, please)

Student's name (print):_____

Yoga Class Period:_____ Date of Excused Absence:_____

Activity for make up:_____Duration of Activity: _____

Date Activity Completed: _____

Student signature_____

Parent signature_____