

# **MP115: YOGA for Musicians**

Tuesday & Friday

8:30 am - 9:50 am in B302 (ROD)

*Instructor: William Powell*

## **General Information**

**Yoga for Musicians** is an integrated approach to various branches of yoga, including Hatha Yoga Asanas (physical postures), Pranayama (breathing practices), and Dhyana (meditation). The goal of the class is to develop the ability to relax at will, to deepen the qualities of attention and concentration, and to increase physical and mental stamina in performance and practice settings.

**Precautions:** In contrast to most forms of exercise, the yoga asanas are most effective if done gently, without strain, and in a meditative manner. As with any form of exercise, however, if you have any serious health problems you should ask your doctor whether or not you should do regular exercise. If you have back problems, check first with your doctor as to which motions you should avoid. If you have any health problem, please let the teacher know before class. You may be asked to avoid certain postures or be given alternative postures to accommodate your condition. Remember that yoga is completely non-competitive. You're not even in competition with yourself! If you feel any discomfort or dizziness, stop, lie down, and relax for a few minutes before continuing at your own pace.

**Guidelines:** Please try to arrive a few minutes before class. Classes will begin promptly and end in approximately one hour and twenty minutes. Wear comfortable clothing which will allow the body to stretch easily. Bring a bath towel and a blanket or exercise mat for floor exercises. Please avoid eating for 2 hours before the class.

**Required Texts:** Two texts are required. They are:

101 Essential Tips - YOGA

ISBN 1-56458-991-0

DK Publishing, Inc

&

Journey of Awakening by Ram Dass

ISBN 0-533-28572-6

Bantam Books

**Grading and Attendance:** Since there are no requirements for outside class preparation and since no evaluation of “progress” will be made, the only remaining basis for grading is attendance and participation in class. Class will be offered twice a week from September 12 through December 15 except during the Thanksgiving Holiday (Friday, November 24) when there will be no classes (There are 27 classes total this semester.). A High Pass will be given for attendance at 23 or more classes, a Pass will be given for attendance at 19 to 22 classes, a Low Pass will be given for attendance at 16 to 18 classes, and an NX (insufficient attendance) will be given for 15 or fewer classes. **IT IS THE STUDENT'S RESPONSIBILITY TO SIGN THE ATTENDANCE SHEET AT EACH CLASS ATTENDED!**