

The University of Michigan- Ann Arbor  
Pilates Yoga 127/227/327/427 003  
Fall Term 2018  
Department of Dance- Studio A- Friday 2:00- 4:00 PM

The ultimate goal of yoga is to always observe things accurately, and therefore never act in a way that will make us regret our actions later.

– T.K.V. Desikachar

Calming the mind is yoga. Not just standing on the head.

– Swami Satchidananda

Your body can do it. It's your mind you need to convince.

– Unknown

Yoga does not just change the way we see things, it transforms the person who sees.

– B.K.S Iyengar

When all your muscles are properly developed, you will, as a matter of course, perform your work with minimum effort and maximum pleasure.

– Joseph Pilates

Change happens through movement and movement heals.

– Joseph Pilates

Instructor: Kelly Hirina  
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Office hours: by appointment

**Course Description:**

Pilates/Yoga Lab is designed to help you build foundational knowledge and skills in the execution of both Pilates and Yoga in order to keep the body functioning well, allowing for injury free rehearsals.

**Course Objectives:**

Both practices will increase your breath capacity, improve posture, and the balance of flexibility and strength. Through the practice you will learn about your habits, weaknesses, and strengths and learn to balance your overall capacity for freedom of movement. These practices also teach you to work in a non-judgmental manner, with a quality that allows for self-reflection and peace of mind. The goal will be to build a personal practice that you can use as supplemental training in the dance field, an 'on-the-go' practice to keep the body and mind balanced or prepared for other trainings.

## **Course Requirements:**

Participation is required for this class.

One absence is allowed without affecting your grade. In the case of illness or other serious reasons for absence, please make sure to contact me.

## **FINAL EXAM:**

**December 7, 2018**

The class will be led by the students. I will observe both how the exercises are executed, the concentration, as well as how the information is communicated from leader to the group. Each student will have the chance to lead the group in one or two exercises, depending on how many students are in the class. Through the semester we will learn a sequence. The class must follow this sequence and it is the student's responsibility to know the order of the class. Each student will be randomly called to the front of the class to guide the other students.

## **Attendance and Participation:**

This is an experiential course, and therefore it is required that you attend and fully participate in every class meeting. Full participation requires more than the mere presence of your body in space. It is not expected of you to technically master all exercises taught in class, but your attention and focus on attempting to execute the exercises, enthusiasm to execute them, as well as, a desire to improve at your level are necessary requirements. A portion of your grade will include assessment of your concentration skills, self-motivation, and attentiveness. Arrive early to allow yourself time to change, use the restroom, and enter the space before the beginning of class.

## **Grading:**

### **Grading Criteria:**

60% Studio Performance, Attendance, and Journaling

10% Introduction Paper/Video

15% Reading and Dance Concert Reaction Paper

15% Final Semester Movement Project

### **Grading levels:**

A range – Outstanding & Excellent Student exhibits a hunger and passion for learning; willingness to take movement risks; integration and application of corrections; exceptional growth toward course objectives; active participation in group assignments with leadership, cooperation, commitment, creativity, and enthusiasm; and punctual submission of assignments and course work.

B range – Very Good & Good Student's work shows uniform solidity, dedication, concentration, and consistency; student demonstrates improvement toward some skills throughout the semester and actively participates in group assignments with satisfactory

leadership, cooperation, commitment, creativity, and enthusiasm; student submits all assignments on time.

C range – Average & Adequate Student actively participates in class activities and exercises but lacks energy and commitment toward improvement; work habits are inconsistent; student participates in group assignments with minimal leadership, cooperation, commitment, creativity, and enthusiasm; assignments are hastily completed with minimal effort.

### **Other Important Information:**

#### **Dress Code:**

To each and every class meeting, please wear form-fitting, athletic clothing that not only allows you to move comfortably but also allows for your instructor to see your body adequately enough for giving feedback and corrections about your movement. Avoid wearing bulky and dangling jewelry that might impede movement or potentially lead to dangerous and harmful entanglement. Gum chewing will not be permitted in this class.

#### **Absence Policy/ Tardiness:**

University of Michigan policy allows you two absences without penalty. Since this class meets once every week, this policy translates to one allowed absence. However, given the experiential nature of dance, it is important that you attend every class session with consistent punctuality, preparedness, and presence. If you anticipate struggling to make it to class on time, or to class at all on any specific dates, (because of other commitments, or perhaps bus schedules) please speak with me directly and as soon as possible; we can negotiate a plan. After the first two absences, your grade will be lowered by 1/3 of a letter for each additional absence. One tardy will count as 1/2 of an absence, with two late arrivals totaling to one absence.\*\* If you cannot dance, because of illness or injury, please contact or inform me as soon as possible. In this instance you may instead actively observe class by taking notes, to be collected at the end of the class period, and contributing to class discussions and activities as much as possible. At the discretion of the instructor, circumstance may allow for absences to be made up. If you arrive to class late it is your responsibility to ensure that I mark your attendance for the period as 'here.' Otherwise you may be counted as an absent for the day.

\*\*Tardiness: It is important that you arrive on time to each and every class so that you may adequately prepare your body and mind for whatever the instructor has planned for the class period. It is also a matter of respect that you maintain punctual arrival to class so as not to disrupt your instructor and classmates who have already begun class. If you arrive more than 5 minutes after the beginning of class, you will be asked to observe. Proceed by taking notes and your instructor will be sure to include you in activities wherever and whenever possible. These observation notes are to be typed

and emailed to your instructor. Again, it is your responsibility to ensure that I mark your attendance as 'here.'

### **Dance Floor:**

The dance floor is integral to our dance activities and practices. It is important that we treat it with care and respect. Please refrain from bringing shoes into the studio. Never walk on to studio floors with street shoes. We need to maintain a clean and debris-free floor for our classes and for others to use the space safely and comfortably. Open and lidless water bottles will not be allowed into the studio, as water on the floor is dangerous and detrimental.

### **Changing Rooms and Security:**

Changing rooms and bathrooms are located on the first floor of the dance building. The lockers in the changing rooms are reserved for Dance Majors at the University. You should carry valuables with you at all times.

### **Movement Restrictions:**

Be sure to let your instructor know if you have any disabilities, impairments, injuries, chronic pains, conditions, or etc. that might at any time require special attention or the modification of movement. For example, if you're recovering from an ankle injury, I absolutely want to know about this injury. If you have difficulty maintaining blood sugar levels and need to eat during class occasionally, please speak to me about this as soon as possible. If you would like for this conversation to be private, however minor or major the topic might be, feel free to explain through email, or email me to set up a time to meet and talk.

### **Corrections and Physical Contact:**

Yoga/Pilates requires physical communication that often involves contact between/ among bodies. Your instructor has a responsibility to not only observe your body to ensure that it is working as correctly, efficiently and safely as possible, but also to give you corrections and guidance toward efficiency and safety. This may require that your instructor use touch to guide your body (i.e. a hand on the head to make corrections of the neck or a hand on the ankle to guide articulation of the foot). If you are uncomfortable receiving hands on corrections, please inform me at the beginning of class so that I can restrict information to verbal corrections.

### **Mobile Phones:**

Mobile phones are disruptive and distracting in a learning environment. Mobile phones must be turned off or silent during the duration of the class. If seen engaging with a mobile phone during class time I will mark you tardy for first time use and absent at any subsequent use.

### **Door Code and Studio Policy:**

The door code to travel within the Dance Building and to enter Studio B is: 759

Please do not share this code with anyone else, unless they are enrolled in a dance class. This is important for your safety and security of items within the studios. The studio space cannot be reserved outside of class, so your time in class is the time to get moving and learn!

**PLEASE NOTE THAN ANYTHING MENTIONED IN THIS SYLLABUS IS SUBJECT TO CHANGE.**