

# LARAMIE COUNTY COMMUNITY COLLEGE

Spring 2024

Non-Credit Course Syllabus



**LARAMIE COUNTY  
COMMUNITY COLLEGE**  
Cheyenne | Laramie | Online

**Course Number, Title, and Credit Hours:** Hatha Yoga, LIFE 2110, Non-Credit

**Time and Location:** Wednesdays and Fridays

5:30-6:30 PM

CCI Building (Center for Conferences and Institutes) Room 121

## **Instructor's Contact Information:**

**Name:** Toni Brannan

**Life Enrichment Administrative Assistant:** Margarita Stokes 307.778.1236

**E-mail Address:** TBrannan@lccc.wy.edu

**Available Hours to Meet with Instructor:** Scheduled class days 5-5:30 or 5:30-6 pm

## **Communicating with the Instructor:**

To contact the instructor regarding this class either call the number(s) listed above or contact the instructor through email. Phone calls and messages will typically be returned within two workdays.

**First and Last Day of Class:** January 17 - February 9

## **Course Description:**

This is an entry level yoga class suitable for beginners and students of yoga that desire a refresher in foundational postures. Students will need to be able to work from the floor to standing. Yoga props will be used in this class to assist students in finding proper alignment in their body. Yoga is a physical practice that includes mindfulness and breathwork which we will also explore in this class. Yoga props are provided. Students should bring their own yoga mat.

## **A FEW NOTES BEFORE WE BEGIN**

Please don't worry about your lack of experience, flexibility, strength and so on. You're not here for anyone other than yourself! Learning takes time, persistence and patience. Be compassionate with yourself. Please feel free to ask questions ANYTIME. It's possible that I'll need to keep things moving and opt to answer your question after class. But, please ask! Once again, yoga shouldn't hurt. Please stop if you feel pain while you're practicing. It is good, healthy, and normal to back out of postures. If this happens, please let me know. Yoga props like blocks, straps and blankets are our friends.

## **MANAGING INJURIES AND MEDICAL CONDITIONS**

If you think that you have an injury or medical condition that may affect your practice, please let me know before class. Yoga can be difficult, challenging and awkward--but, it shouldn't hurt or trigger an existing injury. As a general rule of thumb, if something hurts during class, it's important to stop and back out of the posture. Then, after class, please let me know if something was problematic and we can take a couple minutes to troubleshoot it. Please remember that I am not a medical provider and I am unable to treat your injuries. But, as a Certified Instructor, I am a decent problem-solver and can work with you after class to modify postures that are giving you trouble--or, find alternative postures.

## WHAT TO WEAR & WHAT TO BRING

Wear what you feel comfortable exercising in, plus an additional layer in case you're cool at the beginning or end of class. Bring a yoga mat and water. If you have props you use at home, such as a blanket, blocks, or straps, you are welcome to bring those. We do have props available for you to use.

**Course Materials:** Yoga Mat, Water Bottle

### Class Cancellation Announcements:

If I need to cancel a class due to illness or another situation, I will notify students via email. I will give as much notice as possible. If this happens, we will schedule a make-up session. When LCCC is closed due to weather or other emergencies all classes will be cancelled. This information will be communicated via the LCCC homepage.

### Policy on Children or Guests in Class:

Only enrolled students may attend a Life Enrichment class. Children in attendance must meet the age requirements for enrollment in a class, as well as, be a registered student in the class they are attending. The only exception to this policy is if an individual has an aid that assists them. The aid is there to provide assistance only and is not a registered student in the class. Instructors should be notified of the aid in advance.

### Disclaimer:

Changes to this schedule may be necessary as this class progresses. When a need to change the schedule arises, students will be informed in advance via email and text (optional to the student).

### Tentative Course Schedule:

Wednesday, January 17	Friday, January 26	Wednesday, February 7
Friday, January 19	Wednesday, January 31	Friday, February 9
Wednesday, January 24	Friday, February 2	

### Behavior in the Classroom:

All LCCC students are expected to display appropriate conduct (as defined in [LCCC Administrative Procedure 3.15P](#)) while on campus or attending college-sponsored activities.

### Student Rights and Responsibilities:

Students are expected to review and comply with the student rights and responsibilities as outlined in the LCCC Student Handbook and in the program handbook where appropriate. The Student Handbook is available online at <http://www.lccc.wy.edu/life/handbook>. Students are advised to review the policies found at <http://policies.lccc.wy.edu/>.

**Diversity Statement:** Laramie County Community College is determined to create an environment where individuals engage in productive dialogue built upon a foundation of inclusion. For additional reference see <https://lccc.wy.edu/diversity.aspx>.

**Accommodations:** Any student with a documented disability, Title IX issue (including pregnancy and breastfeeding need), or Veteran disability is welcome to contact the Life Enrichment office at 307.778.1134 at any time in the semester that accommodation is needed. Instructors will provide OSA-approved accommodations for students who require them. Please note that accommodation cannot be provided retroactively by law, so seeking accommodation as soon as it is needed is recommended.