

Gray Matter Fall 2018 - Course Catalog

Physical Education

Yoga & Creative Writing (High School)

Teacher: Karen Minzer

Grades: 9, 10, 11, 12

Class Schedule: Tuesday Only

Class Time: 2:45 – 4:00 pm

Duration: 1.25 hours per week, 32 wks

Fee(s):

Full Tuition

Supply Fee

\$630.00

\$20

Description:

This course offers basic instruction in the systemized study of yoga asana and breathing practice. A brief survey in history of world literary traditions for contemplative writing will enhance students' observation skills and self-confidence. Writing exercises and literary readings will focus on details of images as metaphor for thought.

Format: 30 minutes guided yoga practice, 15 minutes writing, 30 minutes student reading and discussion. A final group writing exercise completes the class, recorded by Instructor. Assignments for reading and writing exercises precede each class.

Dress: Loose clothing suitable for flexible movement. No skirts or dresses.

Prerequisites:

None

Homework:

A monthly portfolio is delivered in packets of 7 pages of creative work generated in and out of class. Final Portfolio consists of 20 pages of revised and polished work, generated from class and out of class assignments. Additionally, each student will take turns facilitating an individualized yoga class as a final exam in yoga. One critical response paper.

Class Materials:

Yoga mat *and* blanket. Additional props will be provided by instructor.
In class writing journal exclusive to this class. Device use acceptable for writing and reading.

Payment Options:

1. Full tuition of \$630.00 due at time of registration.
2. Semester tuition of \$315 due at time of registration and second semester payment of \$315 due by January 15th
3. Monthly payments of \$70. First month is due at time of registration. Subsequent monthly payments of \$70 on 9/1, 10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1. No tuition is due in May.

Yoga & Creative Writing (Middle School)

Teacher: Karen Minzer

Grades: 6, 7, 8

Class Schedule: Monday Only

Class Time: 9:30 - 10:45 am

Duration: 1.25 hours per week, 32 wks

Fee(s):

Full Tuition

Supply Fee

\$630.00

\$20

Description:

This course offers basic instruction in the systemized study of yoga asana and breathing practice. A brief survey in history of world literary traditions for contemplative writing will enhance students' observation skills and self-confidence. Writing exercises and literary readings will focus on details of images as metaphor for thought.

Format: 30 minutes guided yoga practice, 15 minutes writing, 30 minutes student reading and discussion. A final group writing exercise completes the class, recorded by Instructor. Assignments for reading and writing exercises precede each class.

Dress: Loose clothing suitable for flexible movement. No skirts or dresses.

Prerequisites: None

Homework: A monthly portfolio is delivered in packets of 7 pages of creative work generated in and out of class. Final Portfolio consists of 20 pages of revised and polished work, generated from class and out of class assignments. Additionally, each student will take turns facilitating an individualized yoga class as a final exam in yoga. One critical response paper.

Class Materials: Yoga mat *and* blanket. Additional props will be provided by instructor.
In class writing journal exclusive to this class. Device use acceptable for writing and reading.

Payment Options:

4. Full tuition of \$630.00 due at time of registration.
 5. Semester tuition of \$315 due at time of registration and second semester payment of \$315 due by January 15th
 6. Monthly payments of \$70. First month is due at time of registration. Subsequent monthly payments of \$70 on 9/1, 10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1. No tuition is due in May.
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