

Gray Matter 2019-2020 Course Catalog

Physical Education

Yoga & Creative Writing

Teacher: Mary Kimble-Hellen

Grades: 6, 7, 8, 9

Class Schedule: Monday Only

Class Time: 9:30 - 10:45 am

Duration: 1.25 hours per week, 32 wks

Description: This course offers basic instruction in the study of yoga asana and breathing practices. The student will have opportunities to express himself or herself and find joy through movement. Students will be exposed to writing from a prompt, free form writing, poetry, and personal narrative.

Creative writing will enhance students' observation skills and self-confidence. When wandering imaginations and yoga come together, the student will find themselves in the perfect flow to write. Writing tends to be a head activity, and yoga one of the body, but both can be whole-body experiences with remarkable results. Yoga can be a way to bring energy to the page. Through yoga you find breath and through writing you give your breath voice. Pairing writing exercises with physical yoga poses leads to insights and inspirations that make writing fierce and original.

Format: Approximately 30 minutes guided yoga practice, 20 minutes writing, 25 minutes student reading and discussion. A final group writing exercise completes the class. Weekly reading and writing exercises will be explained.

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

Prerequisites: None

Homework: A Complete weekly reading and writing exercises. Every 6 weeks students will have 7-10 minutes to present one of their favorite writing samples, which could be a response paper, illustrated poem, essay, or reflection.

Creative Writing Final Exam will be a collection of 10 typed writing samples and illustrations from their journals, creatively organized in a portfolio for easy viewing.

Additionally, each student will take turns facilitating an individualized yoga class as a final exam in yoga.

Class Materials: Yoga mat and blanket. The instructor will provide additional props.
Bound Composition Journal
Colored pencils, pencils, pens,
Portfolio for final exam

Payment Options:

1. Full tuition of \$681.39 is due at time of registration.
2. Two (2) installments.
3. Four (4) installments.
4. Nine (9) monthly payments of \$75.71. The first monthly tuition payment is due at time of registration. Subsequent monthly payments of \$75.71 will begin the month following the month you registered and will continue until all additional eight (8) payments are collected.