

# Traditional Yoga (KINE 1205) - Spring 2026

## Course Logistics

**Time/Day:** MW 2:30–3:25

**Location:** HPC Studio (HPC 2110)

**Instructor:** Cecile Craft

**Email:** ccraft@uttyler.edu

**Office:** HPC 2110

**Phone:** 903-315-8805

Email or text to make an appointment.

## Communication

Business cards will be provided. Contact the instructor anytime by email (ccraft@uttyler.edu) or text (903-315-8805).

## Course Description

Intro to Yoga provides a foundation in asana, pranayama, meditation, and classical yoga philosophy. Students will explore techniques to improve strength, flexibility, energy, creativity, awareness, stress management, and mental well-being. Each class concludes with relaxation. Appropriate for beginners through advanced practitioners.

## Required Equipment

A yoga mat is required. Recommended brands: Jade, Manduka, Lululemon, Hugger Mugger. Use a non-slip mat.

## Class Expectations

Arrive on time, silence electronics, wear comfortable workout clothes, remain fragrance-free, allow approximately two hours after eating before class, and place shoes in the cubby upon entering.

## Attendance

Attendance is required. Notify the instructor by email or text if absent due to illness, university-sponsored events, or other anticipated reasons. Documentation may be required.

## AI Policy

Artificial intelligence tools, including ChatGPT, are not permitted for any graded assignment. All work must be completed independently. Unauthorized AI use is considered a violation of UT Tyler's Honor Code.

## Grading

Attendance/Participation: 75%

Final Reflection Paper: 25%

Letter Grades: A=90–100, B=80–89, C=70–79, D=60–69, F<60.

Five percent will be deducted from the final grade for each unexcused absence.

## Final Reflection Paper

Submit a two-page reflection describing your yoga experience, benefits, challenges, personal growth, and whether you would recommend yoga to other college students. This paper is required

to receive a final grade.

## **Academic Integrity**

Plagiarism, cheating, or fraud will not be tolerated and will be handled according to UT Tyler academic policies. Students are responsible for understanding University policies.

## **University Policies**

Students should review UT Tyler policies regarding copyright, student rights and responsibilities, grade forgiveness, course drops, disability services, religious observances, university-sponsored absences, FERPA, and emergency evacuation procedures. Official university policies apply throughout the semester.