

PHED 122 - Kundalini Yoga Syllabus

Instructor: Stephanie Sweet-Eggert, MS, HHC (Shabad Atma Kaur)

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Office hours: Tue & Thu 1-1:45pm, and by appointment

Office: PED 209

First day of class ONLY will meet in PE 210 – 2nd floor gym in PE building.

Be prepared for activity on the first day of class

Regular Class Meeting Location: Sub-basement yoga room

COURSE DESCRIPTION:

This class will explore the practice and application of Kundalini Yoga and Meditation. Instruction will emphasize the introduction to meditation, breathing techniques or pranayama, and spinal alignment. In addition, increase muscle strength and flexibility; understanding of basic anatomy, subtle anatomy, the ten bodies, and nutritional perspectives. Each class will end with a short meditation and relaxation segment. Students will have an environment to experience group yoga in addition to personal yoga and meditation practice.

COURSE LEARNING OBJECTIVES:

- To introduce the student to the fundamentals of Kundalini Yoga practice in a safe, supportive and academic environment.
- To learn proper body alignment, increase strength and flexibility.
- To learn the basics of breathing techniques (pranayama), mantra technology, and focus.
- To understand basics of anatomy, subtle anatomy and nutritional guidelines.
- To understand various forms of kundalini yoga mediation

COURSE READING MATERIALS: Kundalini Yoga: The Flow of Eternal Power. As taught by Yogi Bajan, Ph.D.
By Shakti Parwha Kaur Khalsa

COURSE NOTES: All assignments must be handed in on time. No late assignments are accepted, no partial credit is given. Quizzes will be given at the start (first 10 minutes) of class. **Grade Master scantron – skew number 25420 will be used for Midterm and Final Exams.** Blackboard™ <https://blackboard.usc.edu> will be used in addition to the text book. Class information will be posted on the blackboard, as well as resources.

EQUIPMENT and LOCKERS:

- Students must bring their own yoga mat. All additional props will be provided in class if needed: straps, blankets, bolsters, and blocks. Please bring your own hand towel and water if needed. The storage cabinets are in the hall next to the Exercise Room. **Please return equipment neatly after use.**
- USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and Lyons Center.

COURSE REQUIREMENTS:

1. Attend Class Daily
2. Participate in Class "Practice"
3. Complete Assignments & Practical
4. Complete Midterm
5. Take Final Exam

ACADEMIC ACCOMODATIONS:

Students requesting academic accommodations based on disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday – Friday, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:

- Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. No jeans or street clothes. No shoes or socks are worn during practice; we practice yoga barefoot.

- It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait 2-3 hours after a meal or one hour after a light snack.
- Refrain from talking during practice, unless asked to do so.
- No candy or chewing gum during practice.
- **Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy - on the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you must inform your instructor.**
- **NO LATE WORK ACCEPTED**

ATTENDANCE: Because this is a Physical Education course, regular attendance is required for the participation portion of the grade, and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice – this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled. Make-ups are not allowed except for emergency situations and then only upon approval from instructor. ****Extra credit work and make-up work are not available unless noted by instructor. You are not permitted to make-up absences in another section. You cannot make-up the Midterm and Final. It is your responsibility to attend class consistently and fulfill the requirements of this course.***

Kundalini Yoga Mantras used in class:

- **SAT NAM**
 - Most often used mantra. It is the Bij Mantra, or seed. It means, “Truth is my identity.”
- **Adi Mantra (tune in mantra)**
 - **ONG NAMO GURU DEV NAMO**
 - I bow to the Creator, the totality of all things that exist. I bow to the divine wisdom within my own consciousness.
- **Mangala Charan Mantra**
 - **Aad Guray Nameh Jugaad Guray Nameh Sat Guray Nameh Siree Guru Dev Ay Nameh**
 - I bow to the primal wisdom. I bow to the wisdom true through the ages. I bow to the true wisdom. I bow to the great unseen wisdom.
- **Siri Gayatri Mantra**
 - **RA MA DA SA SA SAY SO HUNG**
 - Ra- Sun! Ma- Moon! Da- Earth! Sa- Infinite Sa-Infinite !Say-Thou! So Hung- I am
- **WAHE GURU**
 - Ecstasy is consciousness. Take me from darkness into light.
- **Long Time Sun**
 - May the long time sun shine upon you, All love surround you, and the pure light within you, Guide your way on.

Seva Assignment & Presentation: Students are given the assignment of participating in selfless service in their communities – either USC, surrounding communities, or other approved communities or areas. Final project is presented to class during last 2 weeks of semester. Details are discussed after the 3rd week of the semester. A 1-page personal reflection on the semester is also included.

Grading Breakdown

Assignment	Percentage
Practical (10 points)	5%
Midterm Exam (50 points)	25%
Final Exam (50 points)	25%
Seva Assignment (20 points)	10%
Meditation Log w/ Reflection (20 points)	10%
Participation (50 points)	25%
TOTAL 200 points	100%

Course Schedule*

Week	Material	Assignment & Reading
1	Review syllabus & classroom policies Intro to Mantra, The Adi Mantra Kriya for Elevation Breath of Fire, Ego Eradicator, Sat Kriya	Get yoga mat, buy class text, download White Sun Mantras Read Ch.1 and Ch. 9, page 205-206 Practice Cat Cow & Ego Eradicator (3min ea.)
2	Kundalini Yoga – A Technology What is Sadhana Kriya & Meditation – Meditation for Emotional Perspective (Alt. Nostril Breathing)	Read Ch. 2-3 and page 197 And Watch Lectures on Bb Practice Cat Cow (3min+) and Alt. Nostril Breath (3-11 min.)
3	Intro to Mudras The Glandular System - Kriya Meditation for Healing Addictions Ra Ma Da Sa Healing Meditation	Start Meditation Log Review Mantras used in class. Read Ch. 4-5
4	Basic Spinal Series Seven Wave Sat Nam Meditation 5-Stroke Breath to de-stress & become disease free Intro to Yogic Nutrition	HW posted on Bb Read Ch.6 & 16
5	Lecture on Chakras Aura Building Kriya Preparing the Self Physically, Mentally and Spiritually Meditation to Fight Brain Fatigue and Live You Excellence Kirtan Kriya	Read Ch. 7, 11, 25 Page 208-209 Practice Med. for Healing Addictions (every day for 3 min.)
6	Kriya for Morning Sadhana. Sitali Pranayam Tattva Balance Beyond Stress & Duality Review for Midterm	Read Ch. 8 and 10 Review for Midterm Practice Sitali Pranayam (or personal sadhana)
7	Nervous System Overhaul Meditation for Releasing Anger (Fists of Anger) -3 min Pranayam Energizer Series	Read Ch. 12-13 Review for Midterm Practice Fists of Anger (3 min), OPS
8	Review for Midterm. Yogic Nutrition Applied Kidney & Liver Overhaul (from Youth & Joy) Sodarshan Chakra Kriya	MIDTERM (location TBA, taken during second half of class) Personal Sadhana
9	Navel Adjustment Kriya & Nabhi Kriya Lions and Dogs (breath) Meditation to Conquer Self-Animosity	As.DUE – Log, Seva & Reflection Personal Sadhana
10	Introduction to the 10 Bodies, Numerology Kriya for the 10 Bodies Meditation to Whiten the 9 Bodies	Read Ch. 14, 15 Personal Sadhana
11	Lower & Higher Triangle Kundalini Set #2 The Divine Shield Meditation for Protection & Positivity	Read Ch. 18-19 Personal Sadhana
12	Transforming the Lower Triangle to the Higher Triangle. Meditation to Whiten the Nine Bodies	Practice Kriya of choice Read C. 20-22
13	New Lungs & Circulation. Mahan Jaap Meditation - Jap	Read Ch. 26 Practical
14	Sadhana Kriya Meditation	Review for Final Exam Personal Sadhana
15	Final Exam Review (comprehensive)	Final Exam – Location TBA

- please note that syllabus is subject to change. Changes will be noted on Bb and discussed in class

PHYSICAL EDUCATION PROGRAM OBJECTIVES:

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Define the various health components of fitness.
- Recognize the physical and mental benefits of increased activity.
- Understand anatomy, basic bio-mechanical principles and terminology.
- Determine factors involved with development, fitness levels and training strategies.
- Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.
- Empower themselves by setting and working toward realistic individual goals.
- Participate in a motivating and nurturing environment resulting in greater sense of well-being & self-esteem.
- Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Understand and utilize various training methods.
- Assess individual levels of fitness components.
- Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury.
- Identify common health & fitness myths along with trends involved with the evolving nature of physical education.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/departments/departments-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes

travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.