

PHED 299-Yoga and Meditation Immersion- Tulum, Mexico

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Office Hours: By Appointment

Units: 2.0

Location: Tulum, Mexico

USC Physical Education Immersion Courses: Immersion courses are designed to give students an experiential, in-depth study of a physical education sport or discipline. 30 hours of course time is consolidated into a week learning experience where students can develop an understanding of the basic principles of that discipline while fully immersed in a community environment. Through this experience, students will develop a disciplinary foundation of skills and knowledge in a setting designed to facilitate their depth of learning and experiential application. Instructors designed a course of study over the time that builds one day to the next while meeting the course learning objectives in a safe, sequenced and balanced approach. Reading materials and exams may be modified to accommodate the nature of this course. Group size will be capped at 16 students to allow for a personalized and safe group experience.

Course Description: Through this experiential course, students will participate in an in-depth study of yoga and meditation through intensive practice. They will learn the basic principles of yoga and meditation and practice in an immersive community environment over a period of one week. This course is an extension practice for those who have taken Yoga A, Yoga B or Introduction to Mindfulness. It will also serve as an immersive introduction to the disciplines of yoga and meditation for those who are new to practice. Yoga and meditation immersion experiences have shown to be a popular and constructive way of furthering continued learning. In this format, students will have an opportunity to deeply connect with the subject matter free of distraction or other commitments so that they can truly experience a full intensive period of practice to facilitate their mental and physical well-being.

Location: The immersion takes place on the Riviera Maya against the backdrop of Mayan mysticism and untouched beauty with peaceful and idyllic surroundings. There is an energy in Tulum that induces mindfulness, relaxation and inspires the people who visit to practice. With this rich Mayan history and presence, Tulum seems to vibrate on a higher frequency than most places on Earth. The Yucatan Peninsula is famous worldwide for its Mayan archaeological sites, breathtaking shores and spectacular sandy beach. In this setting, students will be moved to be more fully immersed in their practice.

Accommodation:

Amansala Yoga and Wellness Resort- Tulum, Mexico
Accommodation, all classes and meals will take place at the retreat.

Travel Requirements:

Passport – a valid passport is required to travel to Mexico.

Health and Safety:

All student travelers should be covered by either regular USC student health insurance, or the USC overseas health insurance plan, both of which include special health and emergency coverage by International SOS. Please visit Overseas Travel Resources for information about insurance options. It is recommended that students receive a consultation from the Travel Clinic offered at the Engemann Student Health Center or Eric Cohen Student Health Center. Please visit the clinics for additional information.

Emergency:

In case of emergency contact International SOS, USC's contracted health and safety emergency service provider for overseas programs: 215-354-5000, 215-942-8226, 215-942-8478 or phlopsmed@internationalsos.com.

USC Department of Public Safety (DPS) (213) 740-4321

Non-emergency or information: (213) 740-6000

dps.usc.edu

[For more information, contact:](#)

<https://studentaffairs.usc.edu/ssa/ssa-overseas/>

(213) 821-4710

USC Legal Requirements:

USC requires certain documents (e.g., Travel Release Form, Medical Treatment Authorization Form) for all students studying overseas, students will need to sign and return the forms in advance of departure. Further details are available at the [USC Global Policies & Guidelines](#).

Learning Outcomes:

- Learn the fundamentals of yoga practice in a safe and supportive environment.
- Become aware of safe body alignment that supports individual needs in practice.
- Develop an understanding of how to increase strength, flexibility, and balance through yoga.
- Learn principles of mindfulness meditation and how to apply those principles to daily life.
- Develop an understanding of how to skillfully cultivate concentration in meditation to work with thoughts, emotions and body sensations.

Physical Education Department Objectives:

1. Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:
 - Recognize the physical and mental benefits of increased activity
 - Understand anatomy and basic biomechanical principles and terminology
2. Student will be exposed to a variety of activities providing them the opportunity to:
 - Apply learned fundamental skills
 - Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem
 - Participate in active learning to stimulate continued inquiry about physical education, health, and fitness
3. Students will demonstrate proficiency through knowledge and acquired skills enabling them to:
 - Create a safe, progressive, methodical, and efficient activity based plan to enhance improvement and minimize risk of injury
 - Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

Course Reader: The reader and relevant articles are posted on Blackboard. (<https://blackboard.usc.edu>).

Equipment: We recommend that you bring your own yoga mat (5mm or 1/4" is best). We will provide all other props.

Grades: Although yoga and meditation are not typically taught in a context in which grades are assigned, since this is a university course, you will receive one. This class is designed for all students and grades will not be based on your level of strength or flexibility. They will be based on your work, effort, and daily participation (including your own daily meditation practice) in the areas listed below. More specifically, your practice will grow exponentially based on your approach of the following criteria: 1. *Presence*: time and awareness to engage in your practice; 2. *Effort*: diligence and precision with which you practice; 3. *Curiosity*: growth through a nonjudgmental approach; 4. *Kindness*: choosing gentleness and patience over harshness towards body and mind. You are responsible for the quality of your engagement with the course material and the activities related to it. Reflection is an integral part of the learning process and a yogic discipline. As such, you will complete a reflection on your practice at the close of the course. Reflection is to be submitted on the last day of the session. Late work will not be accepted.

- **Participation:** 15% (30 Points). Active participation is an integral part of the learning in this course.
- **Activity lab:** 15% (30 points). Application of learned yoga principles.
- **Practical test:** 10% (20 Points). Proper alignment and biomechanics.
- **Personal practice:** 20% (40 points). Daily yoga practice and summary, 6 days.
- **Reflection:** 20% (40 Points). Write a reflection paper describing how your yoga and meditation practice evolved over the course of the class. Include your next steps.
- **Written final:** 20% (40 points)

Point/ grade base cutoffs:

- A 180
- B 160
- C 140
- D 120

Plus and minus will be issued for each grade, based on percentage range.

General Guidelines for Practice:

- Please notify instructor of any injuries, illness or medical conditions (including pregnancy). This information is necessary to safely adapt the practice to your specific needs and will be kept confidential.
- Please notify us of any dietary restrictions.
- Be on time to ensure a safe space for class practice.
- Wear athletic clothing that allows freedom of movement. Practice is done barefoot.
- Practice on an empty stomach if possible. Eating or chewing gum during practice is not allowed
- This is your time to unplug. The use of cell phones is not permitted during class.

Day 1- Saturday

Meet at the Cancun Airport, Shuttle to Tulum
Arrival in Tulum

Day 2- Sunday

9:00 Breakfast
10:30-12:00 Morning Yoga Practice

1:00 Lunch
2:00-4:00 Free time
4:00-5:30 Afternoon Yoga Practice

6:00 Dinner
7:30-8:30 Evening Restorative Practice, Meditation

Day 3- Monday

8:30-9:00 Meditation
9:00 Breakfast

10:30-12:00 Morning Yoga Practice
12:00-12:30 Group Discussions

1:00 Lunch
2:00-4:00 Free time
4:00-5:30 Afternoon Yoga Practice

6:00 Dinner
7:30-8:30 Evening Restorative Practice, Meditation

Day 4- Tuesday

8:30-9:00 Meditation
9:00 Breakfast
10:30-12:00 Morning Yoga Practice
12:00-12:30 Group Discussions

1:00 Lunch
2:00-4:00 Free time
4:00-5:30 Afternoon Yoga Practice
5:30 Walking meditation
7:00 Dinner
Evening free

Day 5- Wednesday

Excursion:

Coba:

Once a prosperous, bustling Mayan city of about 50,000, Coba is located among five lakes in the middle of the jungle. One of the most outstanding features of Coba is the incredible number of *sacbe* (elevated roads) that connect parts of Coba with other Mayan cities.

Tulum ruins:

Tulum, the only Mayan coastal city, was considered to be a trading center. The Tulum ruins perch atop fortress-like limestone cliffs overlooking the white, sandy beaches and turquoise waters of the Caribbean coast.

Aktun Chen Natural Park:

Scenic rainforest park with an underground river for swimming, a zipline & cave exploration. Marvel at thousands of stalactites, stalagmites and natural sculptures as you wander through the 5 million year old Aktun Chen Caverns, learn the fascinating story of their formation.

Gran Cenote:

Limestone cenote & cavern with snorkeling areas.

Day 6- Thursday

8:30-9:00 Meditation

9:00 Breakfast

10:30-12:00 Morning Yoga Practice

12:00-12:30 Group Discussions

1:00 Lunch

2:00-4:00 Free time

4:00-5:30 Afternoon Yoga Practice

6:00 Dinner

7:00-8:30 Evening Restorative Practice, Meditation

Day 7- Friday

8:30-9:00 Meditation

9:00 Breakfast

10:30-12:00 Morning Yoga Practice

12:00-12:30 Group Discussions

1:00 Lunch

2:00-4:00 Free time

4:00-4:30 Final review

4:30-5:30 Afternoon Yoga Practice

6:00 Last Dinner

Goodbye evening activities

Day 8- Saturday

8:00-9:00 Last Meditation- Morning Yoga Practice

9:00 Breakfast

11:00 Checkout

Shuttle to Cancun airport

Following Friday

Reflection due

Written final online

Immersion in Mexico Course outline

Day 1	Arrival in Tulum Meditation
Day 2	Introduction and History of yoga Practice: Foundation of a yoga practice Importance of proper alignment and posture in yoga and in life Introduction to meditation
Day 3	History of Hatha yoga 1893: Hatha yoga is introduced to the west Swami Vivekananda at the World Parliament of Religions in Chicago Meditation: Object of focus-breath, body, sound awareness
Day 4	The origin of vinyasa: Krishnamacharya Kryshnamasharya yoga film, 1938 Group discussion: His influence on yoga today Practice: Vinyasa yoga, Surya Namascar A and B Pranayama: Ujjayi breath, using the breath to increase mindfulness Walking meditation: increasing mindfulness
Day 5	Excursion: Coba Tulum ruins Aktum Chen caverns Gran cenote
Day 6	Patanjali and the eights limbs of the “Yoga Sutra”. Practice: Importance of using Ahimsa during practice Meditation: Samyama in Raja yoga, Use of Mantra
Day 7	Different schools/ paths of yoga: Finding your yoga Yoga for common ailments: using yoga as a therapy Group discussion: Influence of yoga and meditation today Last reflection

Day 8	Walking meditation Last practice Checkout
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Academic Support Systems

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086

Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. dps.usc.edu