

**Email:** [seggert@usc.edu](mailto:seggert@usc.edu)      **Office Location:** PED 108

**Office hours:** 2:10 – 2:50pm M-Th and by appointment.

**Be prepared for activity on the first day of class.**

**STUDENTS BRING THEIR OWN YOGA MAT**

**COURSE DESCRIPTION:**

This class explores the practice and application of Kundalini Yoga and Meditation. Students will develop their own personal sadhana (personal practice) and apply practices in daily life. Instruction will emphasize meditation, breathing techniques (pranayama), mantras, and specific yoga sequences (kriyas). Students will also learn strategies to specifically increase energy, creativity, awareness, mental health, break down subconscious patterns, decrease stress, physical and mental blocks in addition to increase muscle strength and flexibility; understanding of basic anatomy, subtle anatomy, the ten bodies, The 11 Moon Centers, and nutritional perspectives are integrated throughout the semester. Each class will end with a relaxation segment. Students will have an environment to experience group yoga in addition to their personal yoga and meditation practice. This course is designed for anyone. A totally new beginner to an advanced practitioner will benefit from this course.

**COURSE LEARNING OBJECTIVES:**

- Introduce the student to the fundamentals of Kundalini Yoga practice in a safe, supportive and academic environment.
- Develop and sustain a personal yoga & meditation practice.
- Apply breathing techniques (pranayama), mantra technology, and yogic postures for personal success, happiness, and well-being.
- Identify and apply basics of a supportive personal healthy lifestyle, personal and collective well-being

**COURSE READING & MEDIA MATERIALS:** **Kundalini Yoga: The Flow of Eternal Power**, by Shakti Parwha Kaur Khalsa. Supplemental materials on Blackboard and SPOTIFY playlist used for class and assignments: USC Mental Health & USC Sleep playlists, daily access to White Sun Music via any music platform. New downloads may be required.

**COURSE NOTES:** Blackboard™ <https://blackboard.usc.edu> - Class information, material, media, and assignments will be posted on the blackboard, as well as additional resources related to Kundalini Yoga. **Please establish a location for each class that has little to no distractions for the duration of class.** If joining class late, please be patient, as tuning in or meditation may not allow for instant access to class.

**COMMUNICATION:** Outside of class time, students are encouraged to reach out via email if needed. I will try to respond as soon as possible, and within 48 hours.

**EQUIPMENT:**

- Students must have their own yoga mat. A blanket, sheepskin or pillow are optional but recommended for meditation and relaxation. Have water in your practice space before class starts if needed.
- Meditative space – during class time and when practicing on your own it is recommended that your personal space be comfortable and interruption-free.

**ONLINE CLASS ETIQUETTE:** ***When class goes online*** via zoom your presence and engagement are as important online as in a physical classroom. Please plan to have **video turned on** and be on time to class for full participation credit. Once class has begun, it may take a moment to be admitted if a meditation is in progress. Mute when not speaking to minimize background noise.

### COURSE REQUIREMENTS:

1. Attend Class Daily in-person or with zoom video on/unmuted and video angled so that student is seen and present
2. Participate in Class "Practice"
3. Complete daily yoga & meditation practice (sadhana), assignments, and practical.
4. Complete Midterm
5. Complete Final Exam

### ACADEMIC ACCOMODATIONS:

Students requesting academic accommodations based on disability are required to register with OSAS each semester. A letter of verification for approved accommodations can be obtained from OSAS when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible.

### GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:

- Bring your own, personal yoga mat to class, in addition to a small blanket or pillow.
- Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. Shoes or socks are not worn during practice.
- It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses.
- **Notify your instructor of any existing injuries, health problems, and medical conditions – *including pregnancy*.** If you develop a medical condition and/or become pregnant during the semester, please inform your instructor.

**ATTENDANCE:** Because this is an Experiential-based Physical Education course, regular attendance and active participation is required. If we go online via zoom, your video placed ON is required for the participation portion of the grade, and is a large component of your final grade. Attend the section for which you are enrolled. **Once enrolled in Kundalini Yoga, you may attend other sections in addition to your registered section as much as you would like.** *It is your responsibility to attend class consistently and fulfill the requirements of this course. If class is taken asymmetrically, participation is required within 5 days for participation credit. Attendance is taken electronically each class.*

### Grading Breakdown

Assignment	Percentage
Assignment #1 (20 points)	10%
Midterm Practical & Exam (50 points)	25%
Final Practical & Exam (50 points)	25%
Assignment #2 (30 points)	15%
Participation (50 points)	25%
<b>TOTAL</b> 200 points	<b>100%</b>

**Grading Scale:** A = 93-100, A- = 90-92, B+ = 86-89, B = 83-85, B- = 80-82, C+ = 76-79, C = 73-75, C- = 70-72, D+ = 66-69, D = 63-65, D- = 60-62, F = 60 or less. Pass = >60

## Course Schedule\*

All classes meet in-person in classroom or outdoor classroom. If class is online, announcement will come via Bb.

Week of	Material	Assignment & Reading
1	Introduction to self- transformation Review syllabus & classroom policies Introduction to vitality & relaxation	Have yoga mat & practice area for class Yoga practice homework given in class Ch. 1-3
2	YOGIC TECHNOLOGY The Glandular System Intro to subtle anatomy - chakras The Aquarian Age	Download Spotify Playlists or White Sun mantra music via any platform Start Meditation Log – part of As #1 Ch. 4-5
3	MANTRA AS MEDICINE Intro to Subtle Anatomy	Supplemental Bb reading Ch. 6-7 Continue daily meditation, mantras & yoga set
4	MENTAL & EMOTIONAL VITALITY Vitality & Immune Strength Intro to Yogic Nutrition	Ch. 8-9 Continue daily meditation & yoga practice
5	EXCELLENCE & PROJECTION The 11 Moon Centers	Continue daily meditation & yoga practice Ch. 10-11
6	SELF-LOVE & SELF-MASTERY The 11 Moon Centers Continued Neuroanatomy & Neurochemistry	Mapping the Moon Centers (week 6-16) AS #1 DUE Ch. 12-14
7	SELF-ELEVATION & SOVEREIGNTY Eliminate Fatigue Sound Current Science	Mid-Semester Practical & Midterm Review Ch. 15-17
8	APPLIED SELF-CARE The Sensory System	Personal Sadhana. Ch. 18-19
9	MUDRAS & CELESTIAL PROJECTIVITY	Personal Sadhana MIDTERM – via Bb
10	THE 10 BODIES Numerology	Personal Sadhana Ch. 25
11	PROJECTION & POSITIVITY The Divine Shield. Relaxation	Personal Sadhana Ch. 20-22
12	MOVING MATRIXIES Sound Current, Prana, Movement, Meditative	Personal Sadhana Ch. 23-24
13	GLANDULAR REFINEMENT	Personal Sadhana Ch. 26 & pp.270-280
14	MUDRA REFINEMENT Energetic Empowerment	Personal Sadhana Final Practical Exam Pp. 225-267
15	YOGIC INSTALLATIONS – The Power of Practice	Personal Sadhana Multi-class Moon Center Collaboration
16	Final Practical & Celestial Communication	Assignment #2 due
Finals	Final Exam No class meeting – finals week	Online Via Blackboard

\*syllabus is subject to change. Changes will be noted on Bb in Announcements

## **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.

**Zoom Etiquette:** *If* zoom is activated - "Netiquette" or "internet etiquette" describes the recommended behavior of online communication. Synchronous sessions of class will be recorded. Students are asked to keep their video unmute for class in order to engage in various activities. When in breakout sessions, students will unmute their microphones and actively listen and collaborate with classmates.

**Sharing of course materials outside of the learning environment:** USC has a policy that prohibits sharing of any synchronous and asynchronous course content outside of the learning environment.

*SCcampus Section 11.12(B)*

*Distribution or use of notes or recordings bases on university classes or lectures without the express permission of instructor for purposes other than individual or group study is a violation of the USC Student Conduct Code. This includes, but is not limited to, providing materials for distribution by services publishing class notes. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any way had been displayed for use in relationship to the class, whether obtained in class, via email, on the internet or ia any other media. (See Section C.1 Class Notes Policy)*

## **USC Technology Rental Program**

We realize that attending classes online and completing coursework remotely requires access to technology that not all students possess. If you need resources to successfully participate in your classes, such as a laptop or internet hotspot, you may be eligible for the university's equipment rental program. To apply, please [submit an application](#). The Student Basic Needs team will contact all applicant in early August and distribute equipment to eligible applicants prior to the start of the fall semester. <https://studentbasicneeds.usc.edu>

**USC Software downloads:** <https://software.usc.edu>

## **University 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](http://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](http://www.suicidepreventionlifeline.org)
- The Office of Disability Services and Programs - Provides certification for students with disabilities and helps arrange relevant accommodations. [dsp.usc.edu](http://dsp.usc.edu)
- 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](http://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](http://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](http://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](http://studentaffairs.usc.edu/bias-assessment-response-support)
- 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](http://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](http://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](http://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](http://dps.usc.edu)

### **Statement on Academic Conduct and Support Systems**

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/department/departement-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](mailto:sarc@usc.edu) describes reporting options and other resources.