
PHED 123 - Yoga Therapy (2 units)

Linda Yaron Weston

Semester: Spring 2023

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Section: 50051 Monday 3:00–4:50pm;

Location: PED subbasement yoga room. First class meets in PED 210

Office Hours: Tuesdays/Thursdays 1-2:00pm. Please email for appointment and zoom link.

COURSE DESCRIPTION:

Yoga Therapy is an approach to wellness that carefully selects postures, breathing techniques, meditation, and other practices of Yoga and applies them to achieve specific goals—ultimately in service of finding more balance. It is more personalized than a normal group class, and may be utilized as a means of prevention and/or adjunct treatment of different health conditions, particularly stress-related health conditions, or simply as a means of improving overall health and quality of life.

COURSE LEARNING OBJECTIVES:

- Recognize Yoga Therapy as a holistic healing discipline that takes into account individual differences and circumstances.
- Identify the physical and mental benefits associated with the regular practice of Yoga through diet, postures, breathwork, and meditation.
- Discuss how Yoga Therapy can be used as a key component in the prevention and/or treatment of stress-related illnesses.
- Demonstrate an understanding of anatomy, movement, and breathing, both from Yoga and modern scientific perspectives.
- Develop and implement a home Yoga Therapy practice.

PHYSICAL EDUCATION PROGRAM OBJECTIVES:

1.) Students will gain an experiential understanding of the principles of Yoga Therapy as they relate to a balanced lifestyle and will be able to:

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation.
- Understand basic anatomy, biomechanical principles, and Yoga terminology.

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

- Apply learned fundamental skills.
- 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 health and fitness.

3.) Students will demonstrate proficiency through knowledge & 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 Yoga as a lifetime pursuit and a means to better health.

COURSE REQUIREMENTS:

1. Attend & Participate in Class
2. Meditation Reflections
3. Final Project (Home Yoga Practice and Presentation)
4. Midterm & Final Exams

Assignments	Points	% of Grade	Point/grade-base cutoffs						
3 Reflections (15 pts each)	45	15%	A	>	94%	282			
Midterm	30	10%	A-	>	90%	270	<	93.99%	282
Final Exam	75	25%	B+	>	87%	261	<	89.99%	270
Final Project	90	30%	B	>	84%	252	<	86.99%	261
Participation	60	20%	B-	>	80%	240	<	83.99%	252
Total Points	300	100%	C+	>	77%	231	<	79.99%	240
			C	>	74%	222	<	76.99%	231
			C-	>	70%	210	<	73.99%	222
			D+	>	67%	201	<	69.99%	210
			D	>	64%	192	<	66.99%	201
			D-	>	60%	180	<	63.99%	192
			F				<	59.99%	180

REQUIRED COURSE BOOK:

Yoga Therapy & Integrative Medicine: Where Ancient Science Meets Modern Medicine by Larry Payne, Tara Gold, and Eden Goldman

Selected chapters are included in the course outline to further understanding of yoga therapy philosophy and practice.

E-book is on reserve with [USC Library](https://libraries.usc.edu/locations-and-services/course-reserves). <https://libraries.usc.edu/locations-and-services/course-reserves>. Instructions: Log in using your USC Net ID and password. When searching for the course, indicate PHED 123 on course name or Guinter, Jennifer under the instructor dropdown. Add course and subscribe. Troubleshooting tip: clear browser cache. For further instructions on how to access course reserves: <https://libguides.usc.edu/distancelearning/coursereserves>

EVALUATION CRITERIA:

Plus and minus grades will be issued accordingly for each letter grade based on grade percentage.

BLACKBOARD:

All assignments will be posted to and submitted to Blackboard. Submit all assignments to blackboard in PDF or Word format.

ACADEMIC ACCOMODATIONS:

Students requesting academic accommodations are required to register with the Office of Student Accessibility Services 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.

PARTICIPATION:

4 points for each week. It is the responsibility of each student to accurately sign in. Participation is an essential component of this course and serves to deepen student inquiry and reflection of the course material. Students need to be present in class to earn participation points.

COMMUNICATION:

I encourage students to reach out by email and will try to respond as soon as possible, and within 48 hours.

REFLECTION AND EVALUATION:

Reflection is an integral part of the learning and teaching process. As such, you will complete a series of reflections on your practice through the course. We will also complete mid- and end-of-course evaluations for the course so that it can best serve the needs of students. Please feel free to also communicate feedback to me through the semester in person or by email.

EQUIPMENT:

Bring your own yoga mat. All additional props will be provided in class: straps, blankets, bolsters, and blocks. Please bring a hand towel and water if needed. Please return equipment neatly after use in the storage cabinets in the hall next to the Yoga Room.

GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:

- Arrive to class on time.
- Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. Yoga is practiced barefoot.
- Avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait two hours after a meal or one hour after a light snack.
- Please silence and put away cell phones. This is your time to practice, away from distractions.
- For your safety, no candy or chewing gum during practice.
- Refer to Blackboard for additional handouts and assignments.

- *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, please inform your instructor. This will be kept STRICTLY confidential.*

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 Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. 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>.

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 micro aggressions 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

**Please note this is a tentative outline and may be subject to change.
Any changes will be announced in class and/or via email.**

Yoga Therapy Course Outline

Week 1 January 9 Module 1: <i>Balanced: Yoga in Preventing Stress-Related Illness</i>	Yoga Philosophy: What is yoga therapy? Breath: Ujjayi breathing Focus pose: Tadasana Off the mat (yamas): ahimsa (nonviolence) Reading: Acupuncture, Chinese Medicine, and Yoga Therapy, Tara Gold, pg 36 Begin home meditation practice (5-10+ minutes/day recommended)
Week 2 January 16	No Class: MLK Day
Week 3 January 23	Yoga Philosophy: Gunas and vrittis Practice: Legs as adjusters of the spine Breath: Bhramari (bumblebee) Off the mat: satya (truthfulness) Reading: Yoga Therapy and the Spine, Eden Goldman, pg 286 Reflection 1 Due: Meditation Reflection Log by 5:00pm Sunday, January 29
Week 4 January 30 Module 2: Strength, Balance, & Your Autonomic Nervous System	Yoga Philosophy: Doshas; Yoga for strength and balance Practice: Posture for a healthy spine; spinal core stability Breath: Viloma 1 Off the mat: asteya (non-stealing) Reading: Ayurveda and Yoga: Complementary Therapeutics, Vasant Lad, pg 49 Begin Home Yoga Practice (HYP)
Week 5 February 6	Yoga Philosophy: Yoga and the autonomic nervous system Yoga and digestion Practice: Restorative yoga; hips Focus pose: Supta baddha konasana

	<p>Breath: Lengthen exhales Off the mat: brahmacharya (energy conservation – loose definition) Reading: Yoga Therapy and Nutrition, David Allen, pg 219</p>
<p>Week 6 February 13</p>	<p>Yoga Philosophy: The Eight Limbs of Yoga Practice: Equanimity and balance; shoulders Focus pose: Sun salutation Off the mat: aparigraha (non-possessiveness) Reading: Yoga Therapy for the Cardiovascular System, Art Brownstein, pg 235</p> <p><i>Sign up for Home Yoga Practice (HYP) Group (4 groups total; 5 people max in each group)</i></p>
<p>Week 7 February 20</p>	<p>No class: Presidents' Day</p> <p>Midterm Exam Due Sunday, February 26, 5:00pm</p>
<p>Week 8 February 27 Module 3: Layers of Being: Koshas</p>	<p>Yoga Philosophy: Annamayakosha - Physical Body Practice: Yoga for posture and back health; text neck Off the mat (niyamas): saucha (purity) Reading: Integrative Yoga Therapy, Joseph Le Page, pg 337</p> <p>Reflection 2 Due: Home Yoga Practice Log by 5:00 Sunday, March 5</p>
<p>Week 9 March 6</p>	<p>Yoga Philosophy: Pranamayakosha - Breath & Energy <i>Sama Vritti, Kapalabhati, and Dirgha</i> Breath: Kapalabhati Breathing (Breath of Fire; Walking Meditation) Off the mat: santosha (contentment) Reading: The Breathing Project, Leslie Kaminoff, pg 482</p>
Spring Break	
<p>Week 10 March 20</p>	<p>Yoga Philosophy: Manomayakosha - Mind & Emotions Practice: Yoga nidra and yoga for anxiety Off the mat: tapas (self-discipline) Reading: Integrative Restoration iRest Yoga Nidra: Healing In Wholeness, Richard Miller, pg 318</p>
<p>Week 11 March 27</p>	<p>Yoga Philosophy: Vijñanamayakosha - Higher Wisdom Practice: Working with acute injuries (RICE); knees and ankles Off the mat: svadhyaya (self-study) Reading: An Instinctive Approach to Meditation Therapy, Lorin Rochi, pg 36</p>

Week 12 April 3	<p>Yoga Philosophy: Anandamayakosha - Awe, Contentment, and Gratitude</p> <p>Practice: Heart & shoulder opening sequence; metta meditation</p> <p>Off the mat: ishvara pranidhana (surrender)</p> <p>Reading: The Psychology of Yoga Therapy, Ira Israel, pg 170</p> <p>HYP Project: Home Yoga Practice Plan and Reflection Due by 5:00pm, Sunday April 9</p>
Week 13 April 10	<p>HYP Project Group Presentation Due: Yoga Therapy for _____</p> <p>Reflection 3 Due: Presentation Reflection by 5:00pm Sunday, April 16</p>
Week 14 April 17	<p>Yoga Therapy Applied</p> <p>Reading: Structural Yoga Therapy and Ayurvedic Yoga Therapy, Mukunda and Chinnamasta Stiles, pg 433</p>
Week 15 April 24	<p>Restore & review</p> <p>Final Exam Due by 5:00pm Wednesday, April 26</p>