
Instructor: Dr. Eden Goldman

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Office Hours: By Appointment

Location: Yoga Room In PHED Sub-Basement

SPRING 2023

PHED 123: Yoga Therapy

Section 50053: Friday 10:00 AM – 11:50 AM

Section 50055: Friday 12:00 PM – 1:50 PM

COURSE DESCRIPTION

This class is an introduction to the practice of Yoga therapy, which is a balanced approach to wellness that carefully selects and applies specific, user-friendly postures (asana) for physical health; supportive meditation (dhyana) practices and breathing techniques (pranayama) for mental health and emotional regulation; and traditional Yoga science, lifestyle modification techniques, and Eastern philosophy for attunement and spiritual health. Defined in a modern context, “Yoga therapy is the philosophy, science, and art of adapting classical Yoga techniques to present day situations in order to treat the physical, mental, and emotional ailments of the individual and the public through a personalized client/patient experience.” Thus, Yoga therapy has been said to be more individualized and custom-tailored than a normal group Yoga 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 balancing and improving one’s overall health and quality of life.

COURSE LEARNING OBJECTIVES

- Outline the fundamentals of a Yoga therapy practice in a safe, supportive, and academic environment
 - Recognize Yoga therapy as a holistic healing discipline that takes into account all aspects of an individual as well as the individual’s personal history, uniqueness, and life circumstances
 - Identify the physical, psychological, emotional, mental, and spiritual benefits associated with the regular practice of Yoga through therapeutic postures, breathwork, diet, and meditation
 - Demonstrate an understanding of anatomy, movement, and breathing both from a Yoga perspective and a modern scientific perspective
 - Discuss how Yoga therapy can be used as a key component in the prevention and/or treatment of stress-related illnesses
 - Develop and implement a home Yoga therapy practice
 - Ultimately, this class is a laboratory of self-reflection from a yogic perspective that will ask you to see yourself ‘as you are’ in body, breath, heart, and mind and the goal is to teach you how to become more self-regulated and self-reliant in your day-to-day life using Yoga
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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 anatomy, basic 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 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 MATERIALS

Required Text: *Yoga Therapy And Integrative Medicine: Where Ancient Science Meets Modern Medicine* by Larry Payne, Ph.D., Terra Gold, L.Ac. and Eden Goldman, D.C. (Basic Health Productions)

Additionally, lecture notes will be provided on Blackboard. For further personal reading materials, if you are yogicly intrigued, please also consider the following supplemental books available for purchase:

Light On Yoga by B.K.S. Iyengar

The Heart Of Yoga by T.K.V. Desikachar

Yoga Anatomy by Leslie Kaminoff

The Key Muscles Of Yoga by Ray Long, M.D.

Health, Healing, And Beyond by T.K.V. Desikachar

Yoga As Medicine: The Yoga Prescription For Health And Healing by Tim McCall, M.D.

Yoga for Dummies by Georg Feuerstein Ph.D. and Larry Payne Ph.D.

Meditation Made Easy by Lorin Roche, Ph.D.

Yoga Therapy: A Guide To The Therapeutic Use Of Yoga And Ayurveda by A.G. and Indra Mohan

GENERAL GUIDELINES FOR YOGA PRACTICE AND CLASS POLICIES

- **BYOM: Students must bring their own Yoga mat to class!**
- **Arrive to class on time:** Be 2 to 3 minutes early to make sure you have your props ready
- **Dress properly:** Wear comfortable athletic clothing that allows freedom of movement and note that close-fitting athletic clothes are usually best (avoid baggy t-shirts/pants and dangly jewelry)
- **Props, Props, Props:** Additional props beyond a Yoga mat will be provided in class, including straps, blankets, bolsters, and blocks – *please return the equipment neatly in the storage cabinets in the hall next to the Yoga room after use*
- **Practice Yoga barefoot:** No shoes or socks are traditionally worn during Yoga practice
- **Avoid practicing Yoga on a full stomach:** Wait two hours after a meal or one hour after a light snack and no candy or chewing gum during practice
- **What else to bring:** Water, a hand towel, and/or a beach towel to absorb sweat on your mat and/or to cover the props, if preferred
- **Lockers:** Normally, the USC Physical Education Department has lockers available for student use throughout the semester. However, the locker rooms' hours of operations are Monday to Thursday from 8 AM to 3 PM, so they will be CLOSED and unavailable for use during our Tuesday afternoon sections of class. If you still would like a locker and lock, they can be purchased in the main PEMBH office located at PED 107 in the Physical Education Building
- **Report health issues and injuries:** Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy – in 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. This will be kept STRICTLY confidential.
- **Life is about Showing up:** If you are unable to practice, you are still required to attend class and observe as you can learn a lot simply by watching
- **Handle your responsibilities:** Complete assignments on time
- **Minimize distractions and seek quietness:** Turn off cell phones (unless using for notes during lecture)
- **Plan Ahead with Communication:** Please note that I will typically take 24-48 hours to respond to emails
- **Consult Blackboard if needed:** Refer to Blackboard for additional handouts and assignments

ATTENDANCE AND PARTICIPATION

Because this is a Physical Education course, regular attendance is required for the participation portion of the grade and it is a large component of your final grade. Tardiness and/or leaving

early will not be tolerated, as it disrupts the class and practice. 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 for extenuating circumstances are allowed, but only upon approval. Overall, it is your responsibility to attend class consistently and fulfill the requirements of this course.

**You cannot make-up the Midterm and Final*

***Extra credit work will likely be available only 1x around Week 10-12*

GRADING

Total Points: 300

• Attendance – 10% (30 points)

Yoga is an experience-based practice and Physical Education course that requires physical attendance and showing up day-to-day. Attendance will be taken every class via Qwickly and it is the student's responsibility to confirm presence and attendance. Additionally, to receive this credit, attendance will be combined with your tardiness, class citizenship, and/or your mature sense of being a part of a collective community endeavor in the class. Please note that if you have 3 absences, your final grade will probably lower by one full grade. More than 5 absences and your final grade will likely lower by two grades.

***Due to COVID-19, students may need to miss class because of illness, quarantine, isolation, or other COVID-related reasons. If this is the case, please contact me as soon as you can and we will work something out that is most supportive to your health and class. An alternative assignment will be created in lieu of missed classes.**

• Participation – 10% (30 points)

Yoga is collaborative process that requires conscious feedback, deeper inquiry, and participation, collaboration, and engagement with life. As such, participation is different from just showing up, i.e. physical attendance, and will be determined by your contribution to class, yet not in the performance of the poses or techniques. Instead, to assess the quality of your engaged attention and sincere efforts ethically, students will be given 10 tokens at the beginning of the term. Each time a student participates in a class lecture, the student will be able to pass in one token – and only one token can be handed in per class. If all 10 tokens are turned in by the end of the semester, the student receives full credit and all 30 points for participation, with 3 points deducted for participation for each token not turned in.

***That said, your grades in physical attendance and active participation are large components of your final grade. Just show up and be part of the group and you'll be fine! 😊**

- **Meditation Journals – 10% (30 points)**

Reflection is an integral part of the learning process, especially in Yoga. Students will complete journal entries on their direct experiences, thoughts, and feelings in meditation throughout the course. For this assignment, students will submit a selection of specific journal entries sharing their personal reflections about things they have experienced and learned in their USC Yoga therapy class and how it applies to their lives. An exact format for the journals will be provided in class. Students are welcome to communicate feedback to me throughout the semester on their journals, either by email and/or in person.

- **Final Project – 35% (105 points)**

The ultimate goal of this class is to share how students can become active participants and more self-reliant in their own health, self-regulation, and personal lifestyle using a Yoga therapy model. With that in mind, the final project for this course is designed to transform the students into teachers and have them share ways in which Yoga therapy can be adapted to specific health conditions and/or applied in designing one's personal home Yoga practice. An exact format for the project, as well as graded steps that will lead to its development, will be discussed and thoroughly outlined on Blackboard and in class.

- **Midterm Exam – 10% (30 points)**

In-class, open book, multiple choice test.

- **Final Exam – 25% (75 points)**

In-class, open book, multiple choice test.

GRADING SCALE

Plus (+) and minus (-) grades will be issued accordingly for each letter grade based on points and grade percentage as per the grading scale below.

(300 Total Points)

A = 282 – 300 points (A = 94+%)

A- = 270 – 282 points (A- = 90+%)

B+ = 261 – 270 points (B+ = 87+%)

B = 252 – 261 points (B = 84+%)

B- = 240 – 252 points (B- = 80+%)

C+ = 231 – 240 points (C+ = 77+%)

C = 222 – 231 points (C = 74+%)
C- = 210 – 222 points (C- = 70+%)
D+ = 201 – 210 points (D+ = 67+%)
D = 192 – 201 points (D = 64+%)
D- = 180 – 192 points (D- = 60+%)
F = Below 180 points (F = Below 60%)

COURSE OUTLINE AND CLASS SCHEDULE

USC PHYSICAL EDUCATION DEPARTMENT PHED 123: Yoga Therapy Syllabus

Date	Lecture Topic	Practice	Assessment/Assignment
Week 1: January 13	Review of Syllabus, Guidelines And Methodology, What Is Yoga Therapy?, Review Of Breathing Function And Techniques	<i>Special Focus:</i> Intro to 360 Degree Breathing, Dirga Breathing, And Samavritti Pranayama	No Advance Assignment But You MUST Bring A Cell Phone, Tablet, Or Laptop To The 1 st Day Of Class 😊
Week 2: January 20	The Role Of Vrittis In Preventing Stress-Related Diseases; The Various Forms Of Sun Salutations	<i>Special Focus:</i> Sun Salutations and Ujjayi Breathing	
Week 3: January 27	The Gunas And Homeostasis	<i>Special Focus:</i> Tadasana And Loving-Kindness (Metta) Meditation	Balance, Breath, And Flexibility Assessment *Last Day To Change Grading Option (Letter Grade, P/NP, Audit)
Week 4: February 3	Overview Of Yoga's Effect On the Nervous System	<i>Special Focus:</i> Breathing And Meditative Practices For Self-Regulation	
Week 5: February 10	The Eight Limbs Of Yoga; Yoga Sutra 2.46	<i>Special Focus:</i> The 3 rd Limb Of Yoga, Asana, In Relationship To Finding Balance In The Body	Due Prior To Class: Meditation Journal 1: Loving-Kindness (Metta) Meditation (10 Points)
Week 6: February 17	The Doshas And Somatotyping	<i>Special Focus:</i> Specific Yoga Practices That Influence And Balance The Doshas; Yoga	

Date	Lecture Topic	Practice	Assessment/Assignment
		Nidra Guided Relaxation Meditation	
Week 7: February 24	Restorative Yoga Applying Yoga Therapy To Life	<i>Special Focus:</i> Restorative Yoga; Desikachar's Extended Exhale Technique	*Last Day To Drop A Class Without A "W" And To Switch A Pass/No Pass Status To A Letter Grade
Week 8: March 3	MIDTERM EXAM (30 Points)	MIDTERM EXAM; <i>Special Focus:</i> Yoga Asana For Upper Cross Syndrome – ONLINE CLASS	ONLINE IN-PERSON EXAM: MUST BRING COMPUTER/TABLET/ PHONE TO CLASS TO TAKE IT
Week 9: March 10	NO IN-PERSON CLASS – Asynchronous Lecture On Annamayakosha: The Physical Body	<i>Special Focus:</i> Yoga Asana For Lower Cross Syndrome – ONLINE CLASS	Due Prior To Class: Meditation Journal 2: Yoga Nidra Guided Relaxation Meditation (10 Points)
Week 10: March 17	NO IN-PERSON CLASS – SPING BREAK WEEK	NO PRACTICE – SPRING BREAK WEEK	
Week 10: March 24	Pranamayakosha: The Breath And Energy	<i>Special Focus:</i> Kapalabhati Breathing AKA Breath Of Fire; Walking Meditation	
Week 11: March 31	Manomaya Kosha: The Mind And Emotions	<i>Special Focus:</i> Yoga For Anxiety	Due Prior To Class: Meditation Journal 3: Walking Meditation (10 Points)
Week 12: April 7	Vijnanamaya Kosha: The Grace Of Higher Wisdom	<i>Special Focus:</i> Cultivating Flow In Yoga; 4 Directions Present-Centered Mode Breathing	Due By End Of Week: Final Project Journals 1: At Least 4 Entries (10 Points) *Last Day To Drop A Class With A "W" On Permanent Record
Week 13: April 14	Anandamaya Kosha: Opening To Gratitude, Awe, Contentment, And Self-Love	<i>Special Focus:</i> Heart- Opening Yoga Practices	Due By End Of Week: Final Project Journals 2: At Least 4 Entries (10 Points)
Week 14: April 21	Yoga Therapy For _____ Presentations	Yoga Therapy For _____ Presentations	HYP Final Papers (40 Points) And HYP Final Group Presentations (45 Points)

Date	Lecture Topic	Practice	Assessment/Assignment
Week 16: April 28	Final Review And FINAL EXAM (75 Points)	<i>Special Focus:</i> Final Prep	ONLINE IN-PERSON EXAM: MUST BRING COMPUTER/TABLET/ PHONE TO CLASS TO TAKE IT

*Please note this is a tentative outline and the schedule or syllabus may be subject to change. Any changes will be announced in class AND via email for your convenience and review.

COVID POLICIES

To protect yourself and others, compliance with Trojan Check is required before entering campus. Students are expected to comply with all aspects of USC's COVID-19 policy. Failure to do so may result in removal from the class and referral to Student Judicial Affairs and Community Standards. For updates and information: <https://coronavirus.usc.edu>

ACADEMIC ACCOMODATIONS

Students requesting academic accommodations based on disability or significant injury 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, 8:30 AM – 5:00 PM. The office is in the Student Union 301 and the phone number is (213) 740-0776.

ACADEMIC CONDUCT

Plagiarism is a serious academic offense with serious consequences at USC. It is referred to as “presenting someone else’s ideas as your own, either verbatim or recast in your own words.”

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

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/biasassessment-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 and/or to report a crime. Provides overall safety to USC community. dps.usc.edu

