

Physical Education & Mind Body Health (PEMBH) provides a variety of offerings in fitness and activities classes designed to promote health and general fitness based upon individual goals and needs.

PHED 122 - Kundalini Yoga & Meditation

1 unit

Fall 2023 – Monday – Thursday 3-4:50pm

Location: SB1 Physical Education

Blackboard (Bb): <https://blackboard.usc.edu>

Instructor: Stephanie Sweet-Eggert, M.S., H.H.C.

Alternate name: Shabadatma

Office: PED 108

Office Hours: M-Th 2:10 -2:50 pm and By Appointment

Contact Info: seggert@usc.edu

DAY 1 Class will meet at 3pm in PHED 210. All other classes meet in Sub-basement Yoga Room 1

Physical Education & Mind Body Health (PEMBH) Mission

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

KUNDALINI YOGA & MEDITATION 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 of subconscious patterns, physical and mental blocks, decrease stress and 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.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

COURSE LEARNING OBJECTIVES:

- Introduce the student to the fundamentals of Kundalini Yoga practice in a safe, supportive 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.

PEMBH Objectives

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

- Recognize the physical and mental benefits of increased physical activity.
- 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:

- Utilize physical activity as a tool to manage stress.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

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

- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

COURSE READING & MEDIA MATERIALS:

Kundalini Yoga Course Reader by Shabad Atma. Supplemental: Kundalini Yoga: The Flow of Eternal Power, by Shakti Parwha Kaur Khalsa. Additional Supplemental materials (videos, articles, mantras) on Blackboard. 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. Recommended readings and films are in "content" on Bb.

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: *If 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 Criteria

Assignment		Percentage
Assignment #1	(10 points)	10%
Mantra Recording	(5 points)	5%
Midterm Practical	(10 points)	10%
Assignment #2	(10 points)	10%
Final Practical	(10 points)	10%
Final Exam	(25 points)	20%
Participation	(30 points)	30%
TOTAL	100 points	100%

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	Review syllabus & classroom policies Introduction to vitality & relaxation	Have yoga mat & practice area for class Yoga practice homework given in class
2	YOGIC TECHNOLOGY The Pillars of A Solid Practice and Lifestyle	Download Spotify Playlists or White Sun mantra music via any platform Start Meditation Log – part of As #1 Course Reader Ch. 1-2
3	Intro to Subtle Anatomy The Aquarian Age No Class Monday 9/4 – Labor Day	Course Reader Ch. 3-4 Continue daily meditation, mantras & yoga set
4	Vitality & Immune Strength Pranic Power Intro to Yogic Nutrition	Continue daily meditation & yoga practice Supplemental Bb documentary
5	MANTRA AS MEDICINE Neuroanatomy & Neurochemistry	Continue daily meditation & yoga practice Course Reader Ch. 5-7
6	SELF-LOVE & SELF-MASTERY The 11 Moon Centers	Mapping the Moon Centers (week 6-16) Personal Sadhana Mantra Recording Due
7	APPLIED BREAKTHROUGH TECHNOLOGY The Subconscious Landscape	Personal Sadhana Course Reader Ch. 8
8	APPLIED SELF-CARE The Sensory System No Classes 10/12-10/13 – Fall Break	Personal Sadhana AS #1 DUE
9	MUDRAS & CELESTIAL PROJECTIVITY	Personal Sadhana MIDTERM PRACTICAL
10	THE 10 BODIES Numerology	Personal Sadhana Course Reader Ch. 9 Supplemental Bb reading
11	PROJECTION & POSITIVITY Deeper Relaxation	Personal Sadhana Course Reader Ch. 10
12	MOVING MATRIXIES Sound Current, Prana, Movement, Meditative	Personal Sadhana Course Reader Ch. 11
13	MUDRA REFINEMENT Energetic Empowerment Thanksgiving Break 11/22-11/26	Personal Sadhana Final Practical Exam
14	YOGIC INSTALLATIONS – The Power of Practice	Personal Sadhana Multi-class Moon Center Collaboration
15	Final Practical & Embodiment	Assignment #2 due
Finals	Final Exam No class meeting during finals week	

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

Academic Conduct & Support Systems

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

Student & Disability Accommodations

USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

IT HELP

Bb - USC Information Technology Services Help

Phone: 213.740.5555

Contact Info: <https://itservices.usc.edu/contact>

Hours: 24 hours a day, every day

Support Systems

[Counseling and Mental Health](#)

(213) 740-9355 – 24/7 on call

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

[988 Suicide and Crisis Lifeline](#)

988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)

(213) 740-5086

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

(213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

(213) 740-0411

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#)

(213) 740-2101

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call

Non-emergency assistance or information.

[Office of the Ombuds](#)

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

(323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.