

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 2024 Monday – Thursday 3-4:50pm

Location: SB1 Physical Education Building

Brightspace: <https://brightspace.usc.edu/d2l/home>

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

Alternate name: Shabadatma

Office: PED 108

Office Hours: M 5:00 -5:30, T/Th 2-2:45pm & 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, awareness of subconscious patterns, physical and mental blocks, decrease stress and increase muscle strength, flexibility, and balance; understanding of basic anatomy, subtle anatomy, the ten bodies, The 11 Moon Centers, Yoga Lineage, history, and yogic nutrition 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 at any level. A totally new beginner to an advanced practitioner can benefit from this course.

Prerequisite: None **Co-Requisite:** None **Recommended Preparation:** None

COURSE LEARNING OBJECTIVES:

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

Physical Education Mind Body Health 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 REQUIREMENTS & MEDIA MATERIALS:

Kundalini Yoga Course Reader by Shabadatma

Supplemental: Kundalini Yoga: The Flow of Eternal Power, by Shakti Parwha Kaur Khalsa.

Supplemental: Suggested books posted on Brightspace

Additional materials (videos, articles, mantras) will be posted in Brightspace. SPOTIFY playlist used for class and assignments: USC Mental Health & USC Sleep playlists.

COURSE NOTES: Brightspace™ <https://brightspace.usc.edu/d2l/home> - Class information, material, media, and assignments will be posted on Brightspace, as well as additional resources related to Kundalini Yoga. Taking notes during the lecture portion of class is encouraged. Phones and electronic devices must be placed away, out of sight, from practice mat area and in "silent mode" for class. Instructor must be asked and notified prior to the start of class if requesting to record the class for any reason. **The use by any person, including a student, of any electronic listening or recording device in any classroom without the prior consent of the instructor is prohibited, except as necessary to provide reasonable auxiliary aids and academic adjustments to disabled students with OSAS documentation.**

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 48-72 hours. Office hours are available Monday - Thursday.

EQUIPMENT/COURSE MATERIALS:

- **Students must have their own yoga mat by week 3 (2 points for completing this requirement).** A blanket, sheepskin or pillow are optional but recommended for meditation and relaxation.
- Pen/Pencil, Notebook/Journal/Tablet– **taking notes during lecture portion of class is encouraged.**
- Meditative space – it is recommended that you have a personal space outside of class that is comfortable and interruption-free. If support is needed in finding a supportive location, please contact instructor asap.

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.

COURSE REQUIREMENTS:

1. Attend Class Daily in-person, on time and participate in Class "Practice"
2. Complete daily yoga & meditation practice (sadhana) assignments.
3. Complete Midterm
4. Complete Final

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. Taking notes is encouraged during lecture portion of class.
- 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 concerns, and medical conditions – including pregnancy.** If a medical condition develops and/or become pregnant during the semester, please inform instructor.

ATTENDANCE & PARTICIPATION: This is an Experiential-based Physical Education course, regular attendance and active participation is required. Every single class day is different and unique. 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.** *If needing to make up a class, a student may attend another Kundalini Yoga class section in that week. This may be done a maximum of TWO times during the semester. It is your responsibility to attend class consistently and fulfill the requirements of this course. If class is given asymmetrically, participation is required within 3 days for participation credit. Attendance is taken by signing in at the entrance door of class. If we go online via zoom, your video placed ON is required for the attendance and participation portion of the grade, and is a large component of your final grade.*

Excused absences: Illness with doctor's note, or travel note re: USC athletic travel

Unexcused absences: weather, personal travel, sore muscles, oversleeping, visiting relatives, teeth whitening, veterinary appointments, music festivals, laziness, broken skateboard, scooter, bike, etc.

- Absences for illness must be documented by your doctor.
- **Extra credit work and make-up "work" is not available.**
- If you have an injury, illness, pregnancy, or medical condition preventing activity, please talk to me in advance about how we can modify for your needs.
- **Live-streaming class is not available.** PEMBH classes require in-person presence.

Grading Criteria

Assignment		Percentage
Personal Yoga Mat by week 4	(4 points)	4%
Experiential Reflections	(6 points)	6%
Practice #1 + Mantra	(15 points)	15%
Midterm + Practical	(20 points)	20%
Practice #2	(15 points)	10%
Final Exam + Practical	(30 points)	30%
Attendance	(15 points)	15%
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

ASSIGNMENTS & PERSONAL PRACTICE: Instructions and guidelines for assignment will be posted on Brightspace. This requires both a cognitive and physical experiential aspect. Personal home practice is not just an assignment, but an opportunity to maintain, gain, and strengthen the mind-body system between class sessions. Assignments fulfill Course Objectives #2-5.

MANTRA RECORDING: Each student records their favorite short mantra in their own voice. Details and requirements on length are posted on Brightspace and discussed in class. Make entry anytime from week 6-10. This fulfills Course Objectives #2-5.

PRACTICALS: Are given midway through the semester and at the end of the semester. These are opportunities for students to receive an assessment and feedback on accuracy and effort of practice. These grades are based on the combination of student self-grading and instructor grading. A rubric is posted 2 weeks prior to exam. Practicals fulfill Course Objectives #1-5.

FINAL EXAM: This is a written assessment based on class material, course reading, and applied practice. The written exam is given through Brightspace and due at the end of the semester. Exams fulfill Course Objectives #1-5.

Course Schedule*

*syllabus is subject to change. Changes will be given in class, emailed and noted on Brightspace.

Week of	Material	Assignment & Reading
1 8-26	Review syllabus & classroom policies Introduction to Kundalini Yoga	Have yoga mat for class Yoga practice homework given in class
2 9-2	Intro to Subtle Anatomy No class Monday 9/2 – Labor Day	Access Spotify Playlists + Ch. 1 Start Daily Practice Log
3 9-9	History & Lineage Yogic Technology - The 4 Pillars	Personal Sadhana Ch. 2
4 9-16	Applied Self Care - The Sensory System	Personal Sadhana Ch. 3
5 9-23	Pranic Power, Projection & Immune Strength Intro to Yogic Nutrition	Personal Sadhana Ch. 4
6 9-30	Celestial Influences + Yogic Nutrition Continued MOON CENTER GATHERING (info posted on Brightspace)	Personal Sadhana Mantra submission open
7 10-7	Mantra & Sound Science - Neuroanatomy & Neurochemistry No class Thursday 10/10 - Fall Break	Personal Sadhana Midterm Review
8 10-14	Subconscious Landscape, Patterns, Habits Midterm Exam	Personal Sadhana Assignment #1 Due
9 10-21	Nervous System Strengthening + Ishnaan & Hydrotherapy	Start Personal Sadhana #2 Ch. 5
10 10-28	The Ten Bodies	Personal Sadhana Ch. 6
11 11-4	Adaptation & Deep Relaxation	Personal Sadhana Ch. 7
12 11-11	Humanology	Personal Sadhana Ch. 8
13 11-18	Celestial Communication Practice	Personal Sadhana Final Exam Review Sheet Due
14 11-25	Final Practical and Exam No Class Wed 11/27 or Thu 11/28 Thanksgiving	Final Exam
15 12-2	The Power of Practice and Consistency	Assignment #2 Due
Finals	No class meeting during finals week	Final Exam Completed

Significant Moon Dates:

Full Moon	New Moon	11 th Day of Moon
September 17 7:34am +partial lunar eclipse	September 2 6:55pm	September 12 th
October 17 4:26am supermoon	October 2 11:49am + Solar eclipse	October 12 th
November 15 1:28pm	November 1 5:47am	November 11 th
	November 30 10:21pm	December 10 th

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

Brightspace - 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.