

dornsife.usc.edu/phed/

PHED 122 - Kundalini Yoga & Meditation

1 unit

Spring 2025 Monday – Thursday 3-4:50pm

Location: SB1 Physical Education Building

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

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

Alternate name: Shabad Atma

Office: PED 108

Office Hours: T-Th 2:05 -2:50 pm and By Appointment

Contact Info: seggert@usc.edu

Brightspace: brightspace.usc.edu

IT Help: USC Information Technology Services Help

Phone: (213) 740-5555

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

DAY 1 Class will meet at 3pm at the front steps of the Physical Education building PHED. 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.

Acknowledgements: PEMBH embraces an inclusive spirit, based on equity, diversity, and inclusion to achieve academic and institutional excellence. For PEMBH's acknowledgments and more information visit our website (mandatory PEMBH syllabus material) <https://dornsife.usc.edu/phed/about/AdditionalResources>

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, 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. 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, meditation, 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.

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.

PEMBH Policy for the use of AI Generators - This course aims to develop creative, analytical, and critical thinking skills. Therefore, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text, code, or other content is prohibited in this course, will be identified as plagiarism and will be reported to the Office of Academic Integrity.

COURSE READING REQUIREMENTS & MEDIA MATERIALS:

1. Kundalini Yoga Course Reader by Stephanie Sweet Eggert.
2. Supplemental: Kundalini Yoga: The Flow of Eternal Power, by Shakti Parwaha Kaur Khalsa.

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

COURSE NOTES: Blackboard™ <https://blackboard.usc.edu> - Class information, material, media, and assignments will be posted on blackboard, 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 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. 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.
2. Participate in Class “Practice”
3. Complete daily yoga & meditation practice (sadhana) assignment, and practicals.
4. Complete Midterm
5. 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. 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 given asymmetrically, participation is required within 3 days for participation credit. Attendance is taken by signing in at the entrance door of class, then electronically entered by instructor after each class.*

- 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, 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.** PE classes require in-person presence.

Grading Criteria

Assignment		Percentage
Assignment1 + Mantra Recording	(20 points)	20%
Personal Yoga Mat by week 4	(5 points)	5%
Midterm Practical & Chakras	(20 points)	20%
Final Practical & Exam	(25 points)	25%
Assignment #2	(15 points)	15%
Participation	(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 Blackboard in “assignments.” 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.

MANTRA RECORDING: Each student records their favorite short mantra in their own voice. Details and requirements on length are posted on Blackboard. Link open for submission anytime from week 6-10.

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.

FINAL EXAM: This is a written assessment based on class material, course reading, and applied practice. The written exam is given through Blackboard and due at the end of the semester.

COVID-19 (Class Guidelines) - USC (COVID-19) Resource Center <https://coronavirus.usc.edu/>

Course Schedule*

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

Week of	Material	Assignment & Reading
1 1/13	Review syllabus & classroom policies Introduction to Kundalini Yoga	Have yoga mat for class Yoga practice homework given in class Ch. 1
2 1/20	Yogic Technology - Intro to Subtle Anatomy The 4 Pillars No class Monday 1/20 MLK Day	Access Spotify Playlists Start Sadhana Log Ch. 2
3 1/27	The Chakras	Continue daily meditation, mantras & yoga set Ch. 3
4 2/3	Pranic Power & Yoga for Immune Strength	Continue daily meditation & yoga practice Ch. 4
5 2/10	Mantra & Sound Science - Neuroanatomy & Neurochemistry	Continue daily meditation & yoga practice Ch. 8
6 2/17	Subconscious Landscape, Patterns, Habits No class Monday 2/17 Presidents Day	Personal Sadhana Mantra submission open
7 2/24	Self-Love & Self-Mastery - Intro to Yogic Nutrition	Personal Sadhana Ch. 5
8 3/3	Applied Self Care - The Sensory System Intro to Ayurvedic principles	Personal Sadhana Ch. 7
9 3/10	Nervous System Strengthening	Personal Sadhana MIDTERM PRACTICAL + As #1 Due
Spring Break – no class 3/14 – 3/23		
10 3/24	Projection & Positivity - Deeper Relaxation	Personal Sadhana for assignment #2 Read & use Chapter 6
11 3/31	The Ten Bodies	Personal Sadhana
12 4/7	Sound Current, Prana, Elemental Balance	Personal Sadhana Brighspace content
13 4/14	Celestial Communication Practice	Personal Sadhana
14 4/21	The Power of Practice and Consistency	Personal Sadhana Multi-class Moon Center Collaboration FINAL PRACTICAL EXAM
15 4/28	Final Practical & Embodiment - Last Class	FINAL EXAM - CLASS TIME Turn in Practice #2
Finals	No class meeting during finals week	Final Exam Completed

*syllabus is subject to change. Changes will be given in class or noted on Bb.

Academic Integrity

The University of Southern California is foremost a learning community committed to fostering successful scholars and researchers dedicated to the pursuit of knowledge and the transmission of ideas. Academic misconduct is in contrast to the university's mission to educate students through a broad array of first-rank academic, professional, and extracurricular programs and includes any act of dishonesty in the submission of academic work (either in draft or final form).

This course will follow the expectations for academic integrity as stated in the [USC Student Handbook](#). All students are expected to submit assignments that are original work and prepared specifically for the course/section in this academic term. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s). Students suspected of engaging in academic misconduct will be reported to the Office of Academic Integrity.

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

Academic dishonesty has a far-reaching impact and is considered a serious offense against the university. Violations will result in a grade penalty, such as a failing grade on the assignment or in the course, and disciplinary action from the university itself, such as suspension or even expulsion.

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.

Statement on University Academic & Support Systems

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

Student Financial Aid & Satisfactory Academic Progress

To be eligible for certain kinds of financial aid, students are required to maintain Satisfactory Academic Progress (SAP) toward their degree objectives. Visit the [Financial Aid Office](#)

[webpage](#) for [undergraduate](#)- and [graduate-level](#) SAP eligibility requirements and the appeals process.

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 consists 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) 740-2500

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.