

Principles of Yoga For The 21st Century Academic Environment

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CREDIT HOURS:	3 graduate credits
COURSE NUMBER:	EDUU 9028
DATES AND TIMES:	TBA
Credit Type Requested:	Letter Grade

COURSE DESCRIPTION:

This course will cover a variety of informational and practical data about the principles of Yoga and its practical application in the academic environment for both teachers and students. The course will incorporate both modern and ancient traditions and we will explore how these strategies can be applied to not only improve overall health and well-being, but also how to increase performance benchmarks that are so important to today's twenty-first century educational environment. A partial list of those benchmarks that we will cover are:

- improved concentration
- increased focus
- better test scores with the reduction of stress and disruptive behavior
- increased energy

We will also explore the definition, philosophy, and experiential applications in these traditions and its relevance today and its application to you as an educator. Through handouts, discussion and experiential exercises we will discover and implement effective strategies that educators can integrate into their lives and translate to their classrooms.

STUDENT LEARNING OUTCOMES:

Upon completion of this course, participants will be able to:

1. Evaluate and implement the strategic principles of Yoga as it relates to its philosophical as well as practical application in the classroom and how it can then be translated into better learning skills and classroom performance.
2. Strategize and utilize ancient as well as modern traditions that can be practically applied personally and professionally.
3. Create strategies from materials and exercises that can be directly applied in the classroom for increased performance benchmarks.

4. Synthesize and apply an emphasis on wellness, stress management, learning attitudes and other elements of Yoga that can positively affect the learning environment and academic outcomes.

COURSE READING AND MATERIALS:

Course Required Readings And Materials:

- Viktor, Frankle. *Man's Search For Meaning*: Boston, Beacon Press, 1992;
- Gilbert, Elizabeth. *Eat Pray Love*: NY, Viking, 2006
- *Redress Your Stress CD*, Boulder, Body/Mind Dynamics, 2006

Suggested Reading List:

- Bell, Lorna and Eudora Seyfer. *Gentle Yoga*. Berkeley, Calif.: Celestial Arts, 1987.
- Birch, Beryl Bender. *Power Yoga*.: NY, Simon & Schuster, 1995.
- Carrico, Maria. *Yoga Basics*.: NY, Henry Holt & Company, Inc., 1997
- Carr, Rachel. *Yoga For All Ages*.. N.Y.: Simon & Schuster, 1972.
- Feuerstein, George. *The Yoga-Sutra of Patanjali: A New Translation and Commentary*.: NY, Inner Traditions, 1989.
- Francina, Suza. *New Yoga For People Over Fifty*.: FL, Health Communications, Inc., 1997
- Iyengar, BKS. *Light On Yoga*.. N.Y.: Schocken Books, Inc., 1966.
- Iyengar, Gerta. *A Gem For Women*. :
- Kingsland, Kevin Venika. *Complete Hatha Yoga*.: NY, Arco Publishing, Inc., 1983.
- Magarathra, Dr. and Monro, Dr. *Yoga For Common Ailments*.: NY. Simon & Schuster, 1990.
- Myers, Esther. *Yoga and You*.: Massachusetts, Shambala Publications, Inc., 1996.
- Phelan, Nancy and Michael Volin. *Yoga Over forty*.: N.Y.: Harper & Row Publishers, 1965.
- Schiffmann, Eric, *Yoga The Spirit And Practice Of Moving Into Stillness*: NY Pocket Books, 1996.
- Seymour, Stephanie, *Yoga in America*: NY, 2010
- Swami Vishnudevananda. *The Complete Illustrated Book Of Yoga*: N.Y: Bell Publishing Company, Inc., 1959.
- *Swami Vishnudevananda, *The Sivananda Companion To Yoga*.: N.Y. Simon & Schuster, 2000

COURSE REQUIREMENTS:

In class activities including onsite and distance learning:

1. In class activities:
 - a. Attend each class session and participate in class discussions, projects, and activities.
 - b. Keep a log of hours and assignments
2. Outside activities: Each student will complete the following:
 - a. Assigned readings
 - b. Work with the CD and exercises introduced in class.
 - c. Complete all written work:
 - 5 different lesson plans incorporating a choice of breathing, relaxation or physical exercises to be used in the classroom and
 - A paper researching one of the 8 branches of Yoga and how it can be integrated into the academic environment. Personal incorporation of the materials learned is encouraged as the information is more readily embodied. Length of paper must be a minimum of 5 pages plus the written assignment of 5 new lesson plans for a B grade. A longer more extensive paper will qualify for an A grade (10 pages plus).

- d. Share one lesson plan and integrated application with group. As a culminating project and applied understanding of principles learned.

GRADE DISTRIBUTION AND SCALE:

In order to receive credit for the course, participants must attend and actively participate in all class sessions unless alternative arrangements are approved in advance. Assignments need to be completed by the due date assigned by the instructor.

Grade Distribution:

Attendance	10%
Class Participation and Discussion	10%
5 Personal Lesson Plans	25%
Written Research Paper	40%
Presentation of Applied Principles	15%

Grade Scale:

100-90%	A
89-80%	B
79-70%	C
69-60%	D
Less than 60%	F

EVALUATION PROCESS:

Course evaluations will be collected at the end of the course study along with completed assignments.

1. During the onsite meetings (or online) the instructor will introduce the content of the course through lecture, handouts, experiential exercises and other materials.
2. Students will follow through with 45 hours of of contact and non-contact hours as well as assignments using the materials introduced in the classroom along with on-line research and materials on the reading list.
3. They will document their studies by keeping a log of completed assignments including: reading assignments (from handout and reading list), practicing exercises given, working with CD, creating lesson plans utilizing materials learned in course, implementing and integrating lesson plans in the classroom, and writing a paper on the practical application of these materials in the academic environment.
4. Projects completed by student are to be submitted by email or mail by the end of the course sessions.
5. The instructor will evaluate the completed work and give a grade upon receiving and reviewing log and completed materials.