

Fall Semester 2013
Kundalini Yoga PEHR 1057-02
45930

Instructor: Rebecca Iverson (Becca)
Office: None
Office Hours: By Appointment
Phone: 435-272-3663
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Credit: 1.0
Room: Gymnasium 115
Schedule: Monday, 3:00-4:40 p.m.
Text: Gurmukh Kaur Khalsa, *The Eight Human Talents*
Optional: Shakti Parwha Kaur Khalsa Kundalini Yoga: *The Flow of Eternal Power*
Equipment: Yoga Mat /Sheepskin Mat/Blanket
Pre/Co-requisites for this course: None

Welcome....

It delights me to see so many students interested in Yoga. More and more, people are seeing and experiencing the tremendous healing benefits of yoga and meditation. It is my hope that through the study and practice of Kundalini Yoga, you experience a greater awareness, a peaceful life, and are able to discover the power you hold within. When we gather together to experience yoga, there is a healing wisdom that benefits everyone who participates. According to Gurmukh Kaur Khalsa, "No amount of worldly success or money or knowledge can ever be as valuable as feeling comfortable in your own body."

Course Description

Kundalini Yoga is a system of self-cultivation and self-discipline that allows us to access our infinite self, our core identity. Rather than a belief system, Kundalini Yoga is a technology of self-awareness practice. Kundalini Yoga helps achieve insight into obstacles that obscure our conscious awareness. It is not a religion, but provides a very firm foundation on all levels of being so that an individual may excel in any area of life. It is a gift for all people to experience the expansiveness of body and spirit.

Course Objectives:

Students will:

1. study the history of yoga and the different forms as well as the traditional goals of yoga practice;
2. have an understanding of the Chakra System and it's functions in the body;
3. learn breathing techniques that help to build trust, vitality and intuition;
4. learn the benefits of meditation including, stress relief, breaking habits, and healing depression;
5. exercise to release fear, build strength and determination, and attain an open heart.

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Grading

Grading Factors	Grading Weight	Comments
Attendance Professionalism	40%	For maximum credit, students must attend a minimum of 14 classes. Professionalism meaning on time and participates in class without interruption
Quizzes	20%	Each student will be required to complete quizzes on reading material given in class.
Seva Assignment	10%	Each student will be required to complete a minimum of two hours of Seva at one of the offered service days throughout the semester.

Self- Expression	10%	Each student must give an oral presentation on the scheduled Final date.
Final Exam	20%	Final Exam
Total	100%	

GRADING SCALE

A = 95%-100%	B+ = 88-90%	C+ = 78-80%	D+ = 68-70%
A- = 91%-94 %	B = 84-87%	C = 74-77%	D = 64-67%
	B- = 81-83%	C- = 71-73%	D- = 61-63%

CLASS POLICIES AND NOTES

Students are expected to arrive on time, and ready to participate in class activities. An essential part of a Kundalini Yoga class, is to create a **quiet, calm, relaxed and focused** environment. Arriving late to class can disturb other students. All students are welcome anytime, however, if you arrive late **please avoid anything that would distract or disturb other students**. Students are discouraged from leaving class early. An essential aspect of Kundalini Yoga is learning how to achieve deep relaxation and disengagement from the outside world. **Please turn off all cell phones before entering the classroom**. If you arrive early please work with your fellow students to move the desks to the side as well as returning them after class. Make-up classes may be available for extenuating circumstances please contact me for more information. I encourage students to email, call, or text me with questions and/or concerns about this course. Also please call, text or email me if you will be missing class if possible.

WITHDRAWAL FROM CLASS

If a student must withdraw from class, it is the responsibility of the student to complete the necessary paperwork and procedures required by the Registrar's Office. Withdrawal must be completed by the withdrawal deadline. Failure to properly complete withdrawal procedures will result in the student having to take a grade for the class.

DISABILITY POLICY

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations.

Phone # 435-652-7516.

IMPORTANT LINKS

- Disability Resource Center - dixie.edu/drcenter
- IT Student Help Desk - dixie.edu/helpdesk
- Library - library.dixie.edu
- Testing Center - dixie.edu/testing
- Tutoring Center - dixie.edu/tutoring
- Writing Center - dixie.edu/english/dsc_writing_center.php

ACADEMIC DISCIPLINE POLICY

- 34.1 Cheating: Academic dishonesty in any form will not be tolerated at Dixie State College, including but not limited to plagiarism on written assignments, submitting other person's work as one's own, and cheating on exams or quizzes. Teachers at Dixie State College may discipline students proven guilty of academic dishonesty by:
 - 34.1.1 Giving a failing grade on the specific assignment where dishonesty occurred,
 - 34.1.2 Failing the student in the entire course,
 - 34.1.3 Immediately dismissing and removing the student from the course, and/or
 - 34.1.4 Referring the student to Student Affairs, a committee which may reprimand, place on probation, suspend, and/or expel the student.
- 34.2 Disruptive Behavior: Teachers at Dixie State College have the right to manage the classroom environment to ensure a good learning climate. Toward this end, teachers (or college security) may dismiss and remove disruptive students from individual class activities. If a student's behavior continues to disrupt class activities, the teacher may dismiss and cause the removal of disruptive students from their course.

- 34.3 Student Appeals: Students who believe themselves wrongfully disciplined may appeal those disciplinary actions through the standard grievance procedure. (Policy 5-35)

CLASS SCHEDULE :

Date	Subject Matter	Home Study
08/19/2013	Classroom policies and overview of Kundalini Yoga	
08/26/2013	Harijiwan Lecture Review Syllabus Warm-up/Stretching Series Breath Awareness Meditation Tune in mantra	Practice Long Deep Breathing & Breath Awareness Meditation.
09/02/13	Labor Day No Class Scheduled	
09/09/2013	Review Mantras Sun Salutations Basic Spinal Energy Series	Practice Sun Salutations
09/16/2013	Mudras/Postures Breath of Fire Kriya for Elevation	Practice Breath of Fire and review postures/Mudras
09/23/2013	Health and Healing Beginners Kryia and Meditation	Read Chapter 1
09/30/2013	1 st Chakra Yoga Kryia 1 st Chakra Meditation	Read Chapter 2
10/07/2013	2 nd Chakra Yoga Kryia 2 nd Chakra Meditation	Read Chapter 3
10/14/2013	3 rd Chakra Yoga Kryia 3 rd Chakra Meditation	Read Chapter 4
10/21/2013	4 th Chakra Yoga Kryia 4 th Chakra Yoga Meditation	Read Chapter 5
10/28/2013	5 th Chakra Yoga Kryia 5 th Chakra Meditation.	Read Chapter 6
11/04/2013	6 th Chakra Yoga Kryia 6 th Chakra Meditation	Read Chapter 7
11/11/2013	7 th Chakra Yoga Kryia 7 th Chakra Meditation	Read Chapter 8

11/18/2013	8 th Chakra Yoga Kryia 8 th Chakra Meditation	Overview
11/25/2013	Health and Healing Kryia and Meditation for overall body system	Finish up Self Expression papers and Service Project before next week!
12/02/2013	Overview of Chakras Self Expressions (Oral Presentations and Papers Due)	Study for Final
12/09/2013	Final Exam	

Kundalini Yoga Mantras

Adi Mantra or tune-in mantra

Ong Namō Guru Dev Namō

Ong Namō *I bow to the Creator of the Universe,
the totality of all things that exist.*

Guru Dev Namō *I bow to the divine wisdom
within my own consciousness.*

Mangalacharan Mantra

This mantra brings protection and joy. It will surround
you with a beautiful, protective light.

Ad Gurey Nameh *I bow before the Primal
Wisdom*

Jugad Gurey Nameh *I bow before the Wisdom of
the Ages*

Sat Gurey Nameh *I bow before the True
Wisdom*

Siri Guru Dev Nameh *I bow before the Great
Divine Wisdom*

Siri Gayatri Mantra

This mantra is for healing. The healing of others or
self-healing.

**Ra-sun Ma-moon Da-earth Sa-infinite
Sa-infinite Se-Thou So Hung-I am**

Sat Nam

This is a bij or seed mantra, it means "Truth is my
identity."

Sa Ta Na Ma

This mantra describes the continuous cycle of life and
creation.

Sa-Infinity Ta-Life Na-Death Ma-Rebirth

Wahe Guru

Ecstasy is consciousness

Guru Guru Wahe Guru Guru Ram Das Guru

Wise, wise is the one who serves infinity.

This mantra is for the heart center. It is a protective
and healing mantra to be chanted in any difficult
physical or mental circumstances.

Long Time Sun

May the long time sunshine upon you,
All love surrounds you,
And the pure light within you,
Guide your way on. (Repeat twice)

Saaaaaaaaaaaaaat Nam.

We finish each class by sending our prayer in song to the ones that we love, for their comfort and health, or to the one that we want to resolve conflict with.