



Kundalini Yoga
PEHR 1057-03
Fall 2013
Instructor: Rebecca Dalley
[**becdalley@msn.com**](mailto:becdalley@msn.com)
Room: Gym 115
Class Time: Tuesday
2:30 p.m.-4:10 p.m.
Office Hours: By
Appointment

Class Description:

[PEHR 1057 - Kundalini Yoga](#)

Activity course to introduce students to the movement, meditation, and breath work practices of Kundalini Yoga. Includes study from a text. Presents yoga practices as a technology teaching self-awareness and consciousness. FA, SP

1.000 Credit hours

2.000 Lab hours

Required text: The Eight Human Talents, Gurmukh Khalsa

What is Kundalini Yoga?

Kundalini yoga as taught by Yogi Bhaijan is a scientific technology for happiness. It extends the brain to imagine Infinity in its totality; then it is a gradual process to work for that experience. Every movement is scientifically originated, organized and projected. This is a discipline in which there is nothing but success. When practicing Kundalini Yoga, your inner power is awakened to unite with the Universal life force, empowering you with awareness beyond the ordinary. This awakened state gives you the capacity to expand your perspective and experience each day with increasing inspiration and joy. (www.Harijiwan.com)

Course Objective:

To Become Healthy, Happy, & Holy

All PEHR Courses have the following objectives:

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

Grading

Grading is based on attendance, quizzes, and one Seva (selfless service) assignment. Each class is worth 4 points. For maximum credit, students must attend a minimum of 12 classes. The Seva assignment is worth 10 points. Each student will be required to complete a minimum of 2 hours of selfless service, and write a one page paper describing their experience. Students must give an oral presentation of their Seva experience to class. Quizzes are worth approximately 4 points each, there will be 7 quizzes. The final exam is worth approximately 14 points and is comprehensive of all coursework. Missed classes must be made up within 1 week of missed class, there will be no exceptions to this policy. You may attend any of the other Kundalini classes listed below and get an instructor signature verifying attendance for the class. Extra credit will be offered throughout the semester.

Mondays: 9-10:40 am, 3-4:40 pm & 5:15-6:45 pm

Wednesdays: 9-10:40 am, 11-12:40 pm

Thursdays: 2:30-4:10 pm

Class Policies and Requirements

Students are expected to arrive ON TIME and ready to participate in class activities. You will need a yoga mat, loose comfortable clothing, drinking water, and a blanket or shawl. An essential part of a Kundalini Yoga class is to create an environment of calm,

peace, and relaxation. Cell phone usage is not allowed during class. Please turn all cell phones off and put them away. Cell phones will be taken away if asked more than once to put them away. If you arrive late, please do not disturb others and enter as quietly as possible. Students are discouraged from leaving class early, unless it is an emergency. If students are unruly or disrespectful to others during class time they will be asked to leave, no exceptions.

Withdrawals

Students wishing to withdraw from class must complete the necessary paperwork from the school registrars office. Withdrawals must be completed by withdrawal deadline.

Please check school calendar for information. Academic Calendar - <http://new.dixie.edu/reg/?page=calendar>

Important Semester Dates:

2013 Fall Semester

- Aug 19 Classwork Starts
- Aug 22 Last Day to Waitlist
- Aug 23 Last Day to Add Without Signature
- Aug 28 Drop/Audit Fee Begins (\$10 per class)
- Sep 2 Labor Day
- Sep 3 \$50 Late Registration/Payment Fee
- Sep 9 Pell Grant Census
- Sep 9 Last Day for Refund
- Sep 9 Last Day to drop without receiving a "W" grade
- Sep 10 Courses dropped for non-payment
- Sep 13 Last Day to Add/Audit
- Oct 9 Mid-Term Grades Due
- Oct 10-11 Semester Break
- Oct 14 Last Day to Drop Individual Class
- Oct 21 Spring and Summer 2014 class schedules available online
- Nov 8 Last Day for Complete Withdrawal
- Nov 11 Spring Registration open to Seniors (90+ credits)
- Nov 12 Career Day

Nov 12 Spring Registration open to Juniors (60+ credits)
Nov 13 Spring Registration open to Sophomores (30+ credits)
Nov 14 Spring Registration Open to All Students
Nov 27-29 Thanksgiving Break
Dec 6 Classwork Ends
Dec 9-13 Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:
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 M.
- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:
You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of

important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Date	Subject Matter	Home Study
Aug. 20	Review Syllabus & Classroom Policies, Tune-in, Start Harijiwan Lecture	Get Yoga Mat, Buy Class Book
Aug. 27	Finish Harijiwan Lecture, Tune-in, Long Slow Deep Breathing, Warm-up, Breath Awareness Meditation	Long Slow Deep Breathing, & Breath Awareness Meditation
Sept. 3	Lecture on Mantras, Dalai Lama Sri Mrityunjaya Mantra, Introduce Breath of Fire, Sun Salutation, Basic Spinal Energy Series	Practice Sun Salutation Review Mantras Used in Class *Adi Mantra *Mangala Charan *Sat Nam
Sept. 10	Lecture on Mudras, Breath Of Fire, Kriya for Elevation, Tattva Balance Beyond Stress & Duality	Practice Breath of Fire & Review Mudras
Sept. 17	Pranayam, Alternate Nostril Breathing, Ten Bodies, Meditation for A Calm Heart	Quiz 1 on Mantra, Mudra, Kundalini Yoga.
Sept. 24	Lecture on Chakras, Kriya for Morning Sadhana, Guru Ram Das Healing Meditation	Read Chap. 1 Healing Meditation
Oct. 1	Sitali Pranayam, Foundation for Infinity Kriya, Meditation to heal addictions	Read Chap. 2, Quiz 2 Chapter 1 Sitali Pranayam
Oct. 8	Pranaym Energizer Series, Exercise Set for the Kidneys, Meditation to Release Anger	Read Chap. 3, Quiz 3 Chapter 2
Oct. 15	Adjusting the Navel, Meditation for Rejuvenation	Read Chap. 4, & 5, Quiz 4 Chapter 3
Oct. 22	Nabhi Kriya for Prana-Apana Protection and Projection from the Heart	Read ,Chap. 6 Quiz 5 Chapter 4 &5
Oct. 29	Healthy Bowel System, Seven Wave Sat Nam Meditation	Read Chap. 7, Quiz 6 Chapter 6
Nov. 5	Pituitary Gland Series, Meditation for Intuition	Read Chap.8
Nov. 12	New Lungs and Circulation , Meditation for Emotional Balance	Quiz 7 on Chapter 7 & 8
Nov. 19	Yoga Set & Meditation	No homework
Nov. 26	Review for Final Exams and Present Seva Assignment. Yoga Set & Meditation	Review For Final Exams

Date	Subject Matter	Home Study
Dec. 3	Review for Final Exams and Present Seva Assignments. Yoga Set & Meditation	Study For Final Exams
Dec. 10	Final Exam Regular Class Time	Comprehensive

Kundalini Yoga Mantras

Adi Mantra (tune in mantra)

ONG NAMO GURU DEV NAMO

I bow to the Creator of the Universe, the totality of all things that exist. I bow to the divine wisdom within my own consciousness.

Mangala Charan Mantra

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siree Guru Dev Ay Nameh

I bow to the primal wisdom.

I bow to the wisdom true through the ages.

I bow to the true wisdom.

I bow to the great unseen wisdom.

Siri Gayatri Mantra

RA MA DA SA SA SAY SO HUNG

Ra- Sun Ma- Moon Da- Earth Sa- Infinite

Sa-Infinite Say-Thou So Hung- I am

SAT NAM

Most often used mantra. It is the Bij Mantra, or seed. It means, "Truth is my identity."

WAHE GURU

Ecstasy is consciousness. Take me from darkness into light.

Long Time Sun

**May the long time sun shine upon you,
All love surround you,
and the pure light within you,
Guide your way on.**