

Spring Semester 2013
Kundalini Yoga PEHR 1057-07
25399

Instructor: Rebecca Iverson
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Office Hours: By appointment
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Website: www.shalomhealing.com
Credit: 1.0
Room: Gymnasium 115
Schedule: Wednesday, 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	48 points (3 pts per class)	For maximum credit, students must attend a minimum of 14 classes.
Quizzes	12 points	Each student will be required to complete quizzes on reading material given in class.
Seva Assignment	15 points	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 points	Each student must give an oral presentation on the scheduled Final date.
Final Exam	15 points	Final Exam
Total	100 points	

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

“Proper documentation of a disability is required in order to receive services or accommodations. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.”

CLASS SCHEDULE :

Date	Subject Matter	Home Study
01/09/2013	Classroom policies and overview of Kundalini Yoga Long Deep Breathing	
01/16/2013	Harijiwan Lecture Review Syllabus Tune in mantra	
01/23/2013	Warm Up/Stretching Series Breath Awareness Meditation	Practice Long Deep Breathing & Breath Awareness Meditation
01/30/2013	Review Mantras Sun Salutations Basic Spinal Energy Series	Practice Sun Salutations
02/06/2013	Mudras/Postures Breath of Fire Kriya for Elevation	Practice Breath of Fire and review postures/Mudras
02/13/2013	Introduction to Chakra Systems	Read Chapter 1
02/20/2013	1 st Chakra Yoga Kryia 1 st Chakra Meditation	Read Chapter 2
02/27/2013	2 nd Chakra Yoga Kryia 2 nd Chakra Meditation	Read Chapter 3
03/06/2013	3 rd Chakra Yoga Kryia 3 rd Chakra Meditation	Read Chapter 4
03/13/2013	Spring Break	Read Chapter 5

03/20/2013	4 th Chakra Yoga Kryia 4 th Chakra Meditation.	Read Chapter 6
03/27/2013	5 th Chakra Yoga Kryia 5 th Chakra Meditation	Read Chapter 7
04/03/2013	6 th Chakra Yoga Kryia 6 th Chakra Meditation	Read Chapter 8
04/10/2013	7 th Chakra Yoga Kryia 7 th Chakra Meditation	Overview
04/17/2013	8 th Chakra Yoga Kryia 8 th Chakra Meditation	Finish up Self Expression papers and Service Project before next week!
04/24/2013	Overview of Chakras Self Expressions (Oral Presentations and Papers Due)	Study for Final
05/01/2013	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)

Saaaaaaaaaaaaaaaaat 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.