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Physical Education & Mind Body Health (PEMBH) provides a variety of offerings in fitness and activities classes designed to promote health and general fitness based upon individual goals and needs.

Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program **YHSX 108**

Spring 2024

Wednesdays 6:00 PM – 9:00 PM

Saturdays 9:00 AM – 6:00 PM

Sundays 9:00 AM – 6:00 PM

Physical Location: USC Fishbowl

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

Instructor: Eden Goldman, D.C., C-IAYT “Dr. E”
he/him/el [Pronouns](#)

Office: Zoom Meeting ID 216 899 9825 **Passcode:** 2Cqnuy

Office Hours: Tuesday 2 – 3 PM Or By Appointment

Contact Info: edengold@usc.edu Or (305) 336-3129 OFFICE

IT HELP

BB – USC Information Technology Services Help

Phone: 213.740.5555

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

Hours: 24 hours a day, every day

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.

The Office Of Religious And Spiritual Life

The University of Southern California’s Office of Religious Life sponsors a variety of opportunities for exploring the spiritual dimensions of life and learning. The Office sponsors campus programs with a moral, religious or spiritual focus like The Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program and co-sponsors events with other university units and partnerships of student religious groups.

YogaUSC

YogaUSC is a home base for all Yoga-related activities on the USC campus. It serves as a resource guide for existing departmental classes, an educational tool for greater understanding of Yoga’s many

benefits, and will ultimately offer specialized classes designed to bring together students, faculty and staff. If you've been wanting to try Yoga, and wondering where to start...you've come to the right place.

Land Acknowledgement

The PEMBH department acknowledges our presence on the ancestral and unceded territory of the Tongva people and their neighbors: (from North to South) the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples, whose ancestors ruled the region we now call Southern California for at least 9,000 years. Indigenous stewardship and rightful claims to these lands have never been voluntarily relinquished nor legally extinguished. We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and the waters and islands of the Santa Barbara Channel.

Course Description

Following the program certification guidelines of Yoga Alliance, The Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program offers participants the opportunity to deepen their understanding of the fundamental and advanced concepts of Yoga as a means of balancing and improving one's overall health and quality of life. The course introduces a balanced approach to Yoga – through the scope of wellness – that carefully selects and applies specific, user-friendly postures (asana) for physical health; supportive meditation (dhyana) practices and breathing techniques (pranayama) for mental health and emotional regulation; and traditional Yoga science, lifestyle modification techniques, and Eastern philosophy for attunement and spiritual health. All 4 yogic paths, Jnana [knowledge], Bhakti [devotion], Karma [service] and Raja [the royal path] will be introduced, discussed, and experienced with a special emphasis placed on Raja and Hatha Yoga. Guided by experts in each topic, participants will be directly exposed to 7 of the most popular styles of Hatha Yoga (Iyengar, Kundalini, Power, Restorative, SmartFLOW, Therapeutic Flow, Vinyasa) as well as other elements of Raja Yoga practice including meditation, chanting, pranayama, Yoga philosophy, sequencing, Yoga anatomy, asana assists, nutrition, Ayurveda, energetics, Yoga therapy and the art of teaching both private and group classes. The training is intended to provide each person with the knowledge, confidence, broad-based understanding, and personal sadhana that is required of a qualified Yoga instructor.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: Suggested minimum previous experience of at least 6 months of some form of practice whether it is asana, meditation, pranayama, chanting, philosophical study, and/or Karma Yoga.

Learning Objectives And Program Benefits

Whereas many Yoga teacher training programs focus on a single practice or school of Yoga, the YHSX Program at USC introduces practitioners to a variety of different yogic practices and approaches. Each of the various approaches to Yoga practice and spiritual work have developed over the centuries in order to suit the needs of individuals of different dispositions and capacities, be it physical, mental, emotional, social, and/or spiritual. Understanding and appreciating this variety of practice will help to develop

practitioners' inner and outer world while preparing them as teachers to better serve a diverse yogic clientele. What's more, upon successful completion of this program, graduates will be able to:

- Better understand Yoga as a holistic healing discipline that takes into account all aspects of an individual, including the individual's history, uniqueness, and life circumstances
- Identify the physical, psychological, emotional, mental, and spiritual benefits associated with the regular practice of Yoga through therapeutic Yoga asanas/poses, breathwork/pranayama, diet, yogic lifestyle practices, and meditation
- Develop a deeper spiritual practice and an appreciation for both the classical paths and ancient philosophies of Yoga, as well as today's more modern approaches
- Demonstrate proper body alignment and technique in each Yoga asana/pose and an understanding of anatomy, movement, and breathing both from a Yoga perspective and a scientific perspective
- Integrate and implement Yoga asanas, breathing practices, and meditation techniques into day-to-day life for relaxation and stress management while becoming more self-regulated and self-reliant
- Create and lead therapeutic and supportive Yoga practices for oneself and safe and fun classes for others with knowledge and understanding on how Yoga influences one's overall health, wellness, and quality of life
- Apply Yoga and yogic practices as a catalyst and instrument for health, healing, and balanced living

PEMBH Objectives

Participants will gain an experiential understanding of the principles of Yoga therapy as they relate to a balanced lifestyle and will be able to:

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation
- Understand anatomy, basic biomechanical principles, and Yoga terminology

Participants will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills
- Empower themselves by setting and working toward realistic individual goals
- Participate in a motivating and nurturing environment resulting in greater sense of well-being and self-esteem
- Participate in active learning to stimulate continued inquiry about physical education, health, and fitness

Participants will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Create a safe, progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

Course Textbook And Course Readings

Yoga Sutras of Patanjali by Swami Satchidananda

Book I, Sutras 1-4, 7, 12-19, 27-28, 33-34, 41

Book II, Sutras 1, 5, 9, 16-18, 22, 25-26, 29, 43-47

Autobiography of a Yogi by Paramahansa Yogananda

Chapter 6 “The Tiger Swami,” Chapter 14 “An Experience in Cosmic Consciousness,” Chapter 30, “The Law of Miracles,” Chapter 45 “The Bengali ‘Joy Permeated Mother’”

Light on Yoga by B.K.S. Iyengar

Read Pages 19-23, 57-60

Additional Pages Referenced in Class

*No set reading assignment as this is meant to accompany the asana portion of the course
Articles and readings as provided by lead instructor(s) and/or guest instructors via Back

Course Readings – **Lecture notes, articles, and readings will be provided from lead instructor/guest instructors via Blackboard at <https://blackboard.usc.edu>**. For further personal reading materials, if you are yogically intrigued, please also consider the following supplemental books available for purchase:

Yoga Anatomy by Leslie Kaminoff (Pages Referenced in Class)

Cool Yoga Tricks by Miriam Austin (Pages Referenced in Class)

Bhagavad Gita: A New Translation by Stephen Mitchell

The Upanishads by Eknath Easwaran

The Key Muscles of Yoga by Ray Long, M.D.

The Heart of Yoga by T.K.V. Desikachar

Anatomy Trains by Thomas Myers

Raja Yoga by Swami Vivekananda

Jivamukti Yoga: Practices for Liberating Body & Soul by Sharon Gannon and David Life

Ashtanga Yoga: The Practice Manual by David Swenson

Anusara Yoga Teacher Training Manual by John Friend

Teaching Yoga by Mark Stephens

The Kundalini Yoga Experience by Dharam Singh Khalsa and Darryl O’Keeffe

Yoga for Dummies by Georg Feuerstein Ph.D. and Larry Payne Ph.D.

Yoga as Medicine by Tim McCall, M.D.

The Seven Spiritual Laws of Success by Deepak Chopra, M.D.

Be Here Now by Ram Dass

Meditation Made Easy by Lorin Roche, Ph.D.

Bikram’s Beginning Yoga Class by Bikram Choudhury

Yogic Nutrition by Gina Nick, N.D.

Health, Healing and Beyond by T.K.V. Desikachar

Yoga Therapy And Integrative Medicine: Where Ancient Science Meets Modern Medicine by Larry Payne Ph.D., Terra Gold L.Ac., and Eden Goldman D.C.

General Guidelines For Yoga Practice

- **BYOM: Participants must bring their own Yoga mat to class!**
- ***Arrive to class on time:*** Be 2 to 3 minutes early to make sure you have your props ready
- ***Dress properly:*** Wear comfortable athletic clothing that allows freedom of movement and note that close-fitting athletic clothes are usually best (avoid baggy t-shirts/pants and dangly jewelry)
- ***Props, Props, Props:*** You likely want to purchase your own props for use in practice and in teaching, including but not limited to 1 Yoga mat, 2 Yoga blocks, 1 Yoga strap, 1 bolster, and 2-4 blankets, however additional props will be provided in class, including blocks, straps, bolsters, and blankets – *please return the equipment neatly in the storage cabinets near the Yoga room after use*
- ***Practice Yoga barefoot:*** No shoes or socks are traditionally worn during Yoga practice
- ***Avoid practicing Yoga on a full stomach:*** Wait two hours after a meal or one hour after a light snack and no candy or chewing gum during practice
- ***What else to bring:*** Water, a hand towel, and/or a beach towel to absorb sweat on your mat and/or to cover the props, if preferred
- ***Lockers:*** Normally, the USC Physical Education Department has lockers available for student use throughout the semester. However, the locker rooms' hours of operations are Monday to Friday from 8 AM to 3 PM, so they will be CLOSED and unavailable for use during our weekend classes. If you still would like a locker and lock, they can be purchased in the main PEMBH office located at PED 107 in the Physical Education Building
- ***Report health issues and injuries:*** **Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy – in the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you MUST inform your instructor. This will be kept STRICTLY confidential.**
- ***Life is about Showing up:*** If you are unable to practice, you are still required to attend class and observe as you can learn a lot simply by watching
- ***Handle your responsibilities:*** Complete assignments on time
- ***Minimize distractions and seek quietness:*** Turn off cell phones (unless using for notes during lecture)
- ***Plan Ahead with Communication:*** Email (eden.goldman@usc.edu) is the preferred method of communication outside of class. Email will be answered within 48 hours and 72 hours over a weekend, and the workday following a holiday.
Please use: “YHSX” in the subject line of the email.
- **Absences:** Only Absences: Only 1 make-up will be given for unexcused absences whereby a 1 paragraph to a 1 page paper on how Yoga was part of the missed absence will substitute and highlight missed in-class work.
- ***Consult Blackboard if needed:*** Refer to Blackboard for additional handouts and assignments

Class Attendance

In order to successfully graduate from the YHSX Program participants must attend all training sessions. Any absence must be approved in advance by our program director and participants cannot miss more than 1 weekend of the program without doing extra make-up work. We will provide 1 make-up session totaling 3 hours included in the price of tuition. Furthermore, for each day(s) missed the absentee may be required to submit a report (200 words or less) on any of the missed subjects and he/she/they will have the option to make up the missed segment in a subsequent USC training. We do not accept unapproved

absences and they may result in the dismissal from the program, at which point, graduation would be at the sole discretion of the program director.

Tardiness/Leaving Early

Participants are encouraged to be punctual, professional and respectful in reference to the class hours listed above. People are to be on time and to stay for the duration of the class until excused by the lead instructor(s). Each person will be given one warning and after that repeated tardiness and/or skipping half days will be recorded and will result in he/she/they being deducted with one day's absence from class.

Grading Policy, Homework, Exams, And Quizzes

Our grading policy is based on a traditional pass/fail methodology and the course can be taken for no credit if preferred for any reason.

In regard to grading materials, a quiz will be given each weekend (beginning in the second week) to assist in the development of each person's knowledge and comprehension of the previous weekend's concepts and information. A minimum grade of 70% is required to pass each quiz. The lowest two quiz grades will be dropped. At the conclusion of the training, a final exam will be administered as an opportunity for each person to display his/her knowledge of the course material and competency as a Yoga instructor. This exam/reflection paper will constitute 1/3 of your final grade. Course participants will be graded on their proficiency of yoga philosophy topics that include but are not limited to: yamas/niyamas, meditation practices, pranayama practices, asana names (English and Sanskrit), key points highlighted in class, and principles for safe sequencing and safely modifying one's Yoga practice.

Lastly, there are three mini-classes during the last month+ of the training that each participant is required to lead, whether they plan to teach or not after the program. These are graded as pass/fail based on whether they are completed and if a person does not appear to be grasping the material, he/she may be asked to repeat one or more of his/her/theirs teaching segment(s).

Classroom Conduct And Participation

Participants are expected to conduct themselves in a professional manner and to keep personal conversations to a minimum during class time. Participation in group discussions and in leading specific segments of a class when called upon is mandatory. Any public speaking fears/issues will be addressed as part of the training. Repeated use of cell phones for calls, texting, or accessing the internet during class time may result in the person being deducted with one absence from class.

Course Schedule

All sessions led by guest faculty will be **underlined, italicized, and bolded** (with their names in parenthesis); Dr. Eden Goldman will lead all other sections.

WEEKEND #1: JANUARY 13 – 14

Saturday: Introduction To Yoga At USC (Dr. Varun Soni 9 AM – 9:30 AM), Introduction To The Yoga And The Healing Sciences Teacher Training Program, What Is Yoga?, The Role Of The Teacher, Pranayama Lab 1: The Science Of Breathing in Asana And Life, Philosophy Practicum 1:

Introduction To The 8 Limbs Of Patanjali's Yoga Sutras, "Yoga Unveiled" Movie Screening And Pizza Party!

Sunday: Asana Practice 1: Chikitsa Vinyasa, Methodology Of Teaching 1: Simplifying Asanas, Asana Lab 1: The Science And Art Of Observing The Body In Yoga Poses, Group Circle, *Introduction To Mindfulness Meditation (Dr. Allyson Pimentel 3 PM – 6 PM*)*, **Homework/Quizzes/Readings:** No Homework Due Or Quizzes. Review Allyson Pimentel's Mindfulness Notes Prior To Class. All Readings For This Weekend Will Be Provided In Class.

WEDNESDAY #1: JANUARY 17

Wednesday: *Philosophy Practicum 2: The Divine Feminine In Yoga (Dr. Rita Sherma 6 PM – 7 PM)*, *Elemental Yoga (Shaman Chet Alexander 7 PM – 9 PM)*

Homework/Quizzes/Readings: Review Rita Sherma's The Divine Feminine In Yoga Notes And Chet Alexander's Elemental Yoga Notes Prior To Class.

WEEKEND #2: JANUARY 20 – 21

Saturday: Asana Practice 2: Chikitsa Vinyasa, *Asana Alignment (Steve Hsu 10:30 AM – 1 PM*)*, *The History Of Yoga Philosophy (Sara Ivanhoe 2 PM – 6 PM*)*

Sunday: *Iyengar Yoga Introduction And Asana Practice 3: Iyengar Yoga (Dr. Laura Baker 9 AM – 12 PM)*, Group Circle, Asana Lab 2: Deconstructing And Reconstructing Asanas, Anatomy Physiology And Energetics 1, *Philosophy Practicum 3: Yoga And Spiritual Evolution (Dr. Sadhviji Bhagawati 5 PM – 6 PM)*

Homework/Quizzes/Readings: Quiz #1 From Weekend #1 TQs. Read "OM" Article, Article On Krishnamacharya, And Laura Baker's Iyengar Yoga Notes. Review APE Notes, Steve Hsu's Alignment Notes, and Sara Ivanhoe's History of Yoga Notes Prior To Class. Bring Light On Yoga And Patanjali's Yoga Sutras To Class.

WEDNESDAY #2: JANUARY 31

Wednesday: Philosophy Practicum 4: The Yoga Sutras Of Patanjali, Nighttime Yoga Practices As A Bedtime Ritual

Homework/Quizzes/Readings: Review Yoga Sutras Notes and Nighttime Yoga Practice Notes Prior To Class.

WEEKEND #3: FEBRUARY 3 – 4

Saturday: Asana Practice 4: Chikitsa Vinyasa, Asana Lab 3: Yoga Biomechanics, Anatomy Physiology and Energetics 2, *Yin Yoga (Ashika Gogna 3:30 PM – 5:30 PM)*, Meditation 1: Loving Kindness Meditation

Sunday: Asana Practice 5: Chikitsa Vinyasa, Anatomy Physiology and Energetics 3, Group Circle, Overview Styles Of Yoga And Sun Salutations, *Bhakti Yoga/Kirtan (Govindas 3 PM – 6 PM)*

Homework/Quizzes/Readings: Quiz #2 From Weekend #2 TQs. Read "Styles Of Yoga" Article, Article On Sun Salutations, And Selected Yogananda Chapters From Autobiography Of A Yogi. Review APE Notes, Ashtanga Notes, Jivamukti Notes, Ashika Gogna's Yin Yoga Notes, And Govindas's Bhakti Yoga Notes Prior To Class. Bring Light On Yoga, Autobiography Of A Yogi, And Supplemental Asana Texts To Class.

WEEKEND #4: FEBRUARY 10 – 11

Saturday: *Kundalini Yoga Introduction and Asana Practice 6: Kundalini Yoga (Stephanie*

Eggert 9 AM – 12 PM), Group Circle, Pranayama Lab 2: Classical Techniques, Restorative Yoga And Meditation 2: Yoga Nidra (Paula Tapia 3 PM – 6 PM)

Sunday: Power Yoga Introduction And Asana Practice 7: Power Yoga (Bryan Kest 9 AM – 12 PM*), Asana Lab 4: Asana Breakdown, Yoga And Sleep (Sara Ivanhoe 3 PM – 6 PM*)

Homework/Quizzes/Readings: Quiz #3 from Weekend #3 TQs. Review Stephanie Eggert's Kundalini Yoga Notes, Pranayama Notes, Paula Tapia's Restorative Yoga Notes, and Sara Ivanhoe's Yoga And Sleep Notes Prior To Class. Bring Light On Yoga To Class And Supplemental Asana Texts To Class.

WEDNESDAY #3: FEBRUARY 21

Wednesday: Yoga And Humanology And Asana Practice 8: Kundalini Yoga (Dr. Guru Singh 6 PM – 9 PM)

Homework/Quizzes/Readings: No Readings, Homework Due, Or Quizzes.

WEEKEND #5: FEBRUARY 24 – 25

Saturday: Asana Practice 9: Chikitsa Vinyasa, Energetics And Nutrition (Terra Gold 11 AM – 1 PM*), Philosophy Practicum: Pancha Maya Kosha Theory, The Secret Art Of Assisting Yoga Poses 1, Yoga And Physical Therapy (Dr. Marisa Perdomo 4:30 PM – 6 PM)

Sunday: Asana Practice 10: Chikitsa Vinyasa, Asana Lab 5: Mastering Asanas, Group Circle, Acro Yoga (Jenn Guinter And Jason Nemer 3 PM – 6 PM)

Homework/Quizzes/Readings: Quiz #4 From Weekend #4 TQs. Read Article On Energy Medicine And Chakras. Review Terra Gold's Energetics And Nutrition Notes, Marisa Perdomo's Yoga And Physical Therapy Notes, Yoga Assists Notes, Pancha Maya Notes, And Jenn And Jason's Acro Yoga Notes Prior To Class. Bring Diet Logs, Light On Yoga, Supplemental Asana Texts, And Assists Notes To Class.

WEEKEND #6: MARCH 2 – 3

Saturday: Asana Practice 11: Chikitsa Vinyasa, Group Circle, Anatomy Physiology Energetics 4, The Secret Art Of Assisting Yoga Poses 2, Meditation 3: Classical Techniques

Sunday: Asana Practice 12: Chikitsa Vinyasa, Asana Lab 6: Photo Assignment Discussion Pranayama Lab 3: Specialty Techniques, Introduction to Prime of Life Yoga and Yoga Therapy (Dr. Larry Payne 3 PM – 6 PM)

Homework/Quizzes/Readings: No Quiz. Review Larry Payne's POLY and Yoga Therapy Notes, APE Notes, Meditation Notes, Pranayama Notes, And Asana Assist Notes Prior To Class. Bring Light On Yoga To Class AND Asana Photo Assignment, Which Will Be Explained In Class And By Email And Counts As A Pass/Fail Quiz.

WEDNESDAY #4: MARCH 6

Wednesday: Introductory Sanskrit (Rob Zabel 6 PM – 7 PM), Chair Yoga (Shanna Hughes 7 PM – 9 PM)

Homework/Quizzes/Readings: Review Sanskrit Notes And Chair Yoga Notes. No Other Homework Due Or Quizzes.

WEDNESDAY #5: MARCH 20

Wednesday: Methodology of Teaching 2: Introduction To the Yoga And The Healing Sciences Set

Homework/Quizzes/Readings: Review Yoga And The Healing Sciences Set And Review Videos

Prior To Class.

WEEKEND #7: MARCH 23 – 24

Saturday: Asana Practice 13: Chikitsa Vinyasa, Anatomy Physiology and Energetics 5, Yoga Asana Sequencing 1, Special Session TBA

Sunday: *Introduction to Trauma-Informed Yoga and Asana Practice 14: Yoga For Trauma (Hala Khouri 9 AM – 12 PM)*, Group Circle, Anatomy Physiology and Energetics 6, The Secret Art Of Assisting Yoga Poses 3: Therapeutic Touch/Savasana Yogassage

Homework/Quizzes/Readings: No Quiz. Review Assists Notes, Hala Khouri's Yoga For Trauma Notes, APE Notes, Yoga Asana Sequencing Notes, And YHSX Set Prior To Class. Bring Light On Yoga AND Asana Recording Assignment To Class, The Latter Of Which Will Be Explained In Class And By Email And Counts As A Pass/Fail Quiz.

WEDNESDAY #6: APRIL 3

Wednesday: Yoga Asana Sequencing 2, Movie Screening: One Track Heart

Homework/Quizzes/Readings: Review Yoga Asana Sequencing Notes Prior To Class. No Other Homework Due Or Quizzes.

WEEKEND #8: APRIL 6 – 7

Saturday: *Prenatal Yoga And Teaching Yoga To Children (Desi Bartlett 9 AM – 12 PM*)*, Methodology of Teaching 3: Teachers Begin Teaching, *Introduction To Ayurveda (Arun Deva 4 PM – 6 PM*)*

Sunday: Methodology of Teaching 4: Teachers Begin Teaching, Group Circle, Yoga Asana Sequencing 3, *Bhakti Yoga/Kirtan (Krishna Das 3 PM – 6 PM)*

Homework/Quizzes/Readings: Quiz #5 From Weekends #5-7 TQs. Review Desi Bartlett's Prenatal Yoga And Teaching Yoga To Children Notes, Arun Deva's Ayurveda Notes, and Yoga Asana Sequencing Notes. Bring Prepared 25-30 Minute Sequence To Class For Teaching Segment.

WEEKEND #9: APRIL 13 – 14

Saturday: Methodology of Teaching 5: Teachers Trainees Design and Teach Mini-Sequences, Anatomy Physiology and Energetics 6, Assisting and Adjusting Yoga Poses 4

Sunday: Methodology of Teaching 6: Teachers Trainees Design and Teach Mini-Sequences, Group Circle, Yoga Asana Sequencing 6, *Asana Lab 6: Inversions (Andrew Sealy 4 PM – 6 PM)*,

Homework/Quizzes/Readings: No Quiz. Read Inversions Articles. Review APE Notes, Yoga Asana Sequencing Notes, Andrew Sealy's Inversions Notes, And Assist Notes Prior To Class. Bring Prepared 35-40 Minute Sequence To Class For Teaching Segment.

WEDNESDAY #7: APRIL 24

Wednesday: *The Business Of Teaching Yoga (Cathy Madeo 6 PM – 8 PM*)*, Past YHSX Graduate Panel

Homework/Quizzes/Readings: Review Cathy Madeo's Business Of Teaching Yoga Notes Prior To Class. No Other Homework Due Or Quizzes.

WEEKEND #10: APRIL 27 – 28

Saturday: Methodology of Teaching 7: Teacher Trainee Led Practices, Meditation 4: Lake Shrine Meditation Field Trip And Sunset Beach Party!

Sunday: Methodology of Teaching 8: Teacher Trainee Led Practices, Asana Lab 7: Asana Biomechanics Post-Teaching, Karma Yoga Review

Panel Homework/Quizzes/Readings: No Quiz. Bring Prepared 45-50 Minute Sequence To Class For Teaching Segment AND Karma Yoga One-Page Written Assignment, Which Will Be Explained In Class And By Email And Counts As A Pass/Fail Quiz.

WEEKEND #11: MAY 4 – 5

Saturday: Asana Practice 15: Chikitsa Vinyasa, Ethics of Teaching Yoga, Asana Lab 8: Common Injuries in the Yoga Room, Yoga Therapy 1, How to Teach Private Sessions

Sunday: Asana Practice 16: Chikitsa Vinyasa, Final Group Circle, Taking the Practice Home, GRADUATION AND PARTY!

Homework/Quizzes/Readings: Final Exam. Review Ethics Notes, Common Injuries Notes, And Yoga Therapy Notes Prior To Class. All Yoga Class Sheets And Karma Yoga Hours Sheets Must Be Submitted By This Weekend Along With Any Remaining Assignments Seeking Credit.

COVID 19 (Class Guidelines)

To protect yourself and others, compliance with Trojan Check is required before entering campus. Students are expected to comply with all aspects of USC's COVID-19 policy. Failure to do so may result in removal from the class and referral to Student Judicial Affairs and Community Standards. For updates and information: <https://we-are.usc.edu/>

Parking At USC

All visitors to campus (including LMU students, LMU Extension students, and Yoga Studies students) have to pay for parking Monday – Sunday from 8 AM – 8 PM during the Fall 2023 semester. When you park during enforcement hours, find the pay station and purchase a day pass for \$20.00. The attendant will give you a receipt for you to place on your dash board.

Ethical Standards

The Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program endorses and supports the Code of Professional Standards of the California Yoga Teachers Association found at www.yogateachersassoc.org

Academic Integrity Policy

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You

may not submit work written by others or “recycle” work prepared for other courses without obtaining written permission from the instructor(s).

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

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

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.

Student And 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. Please be sure the letter is delivered to me as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may also contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

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 is comprised 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) 740-5086 or (213) 821-8298

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.

Changes To The Syllabus

Please note that the syllabus is subject to change at any time. Yoga and the Healing Sciences practitioners will be notified in writing [by email] as well as audibly in class of any said changes before they are implemented. We thank you in advance for your acknowledgement and understanding of any unexpected changes to our syllabus this term.

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