

FALL SEMESTER 2006
PEHR 1057 03 KUNDALINI YOGA

INSTRUCTOR: Benja Peterson OFFICE: R#133
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E-MAIL: benjarcb@hotmail.com OFFICE HOURS:
CREDIT: 1.0 Semester hours
ROOM: GRAFT 101 WED 8:00-9:40 AM
TEXT: GOTTA MINUTE? Yoga for health and relaxation & well-being. By Nirviar Singh Khalsa
EQUIPMENT YOGA MAT
CO-Requisite/Prerequisite: NONE

A short note to students:

I'm so thrilled to see so many students interested in Yoga. You will have great experiences in this class. "No amount of worldly success or money or knowledge can ever be as valuable as feeling comfortable in your body". (Gurmukh) When we gather to do yoga in a group, there is a healing wisdom that benefits everyone who participates. So, I encourage you to attend the morning exercise and meditation, and you will be transformed to the new way of bliss, peaceful life, and discover the power you hold within.

COURSE DESCRIPTION:

Kundalini Yoga is a system of self-cultivation and self-discipline that allows us to access our infinite self. Rather than a belief system, Kundalini Yoga is a technology of self awareness practice, if practiced correctly. Yoga provides us with insight into obstacles that obscure our conscious awareness. It is not a religion, but provides a very firm foundation on all level of being so that an individual may excel in any area of life. It is a gift to all people to experience the expansiveness of body and spirit, for we are spiritual beings born to have a human experience.

COURSE OBJECTIVE:

1. Students will learn Self-Acceptance, Creativity, Commitment, Compassion, Truth, Intuition Boundlessness, and Radiance. Students will study the history of yoga and some of the different forms.
2. Students will learn the traditional goals of yoga practice, including the restoration of balance and finding serenity within.
3. Students will learn breath work to build trust, vitality, and intuition.
4. Students will learn meditation for rejuvenation, stress relief, breaking habits, and healing depression.
5. Students will exercise to release fear, build strength and determination, and an open heart.

Department and course Objectives:

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**

TO ACCOMPLISH THESE GOALS, STUDENTS MUST COME TO CLASS WITH ENTHUSIASTIC ATTITUDE, OPEN MIND, AND BE READY TO EXPERIENCE THE ANCIENT BODY KNOWN AS THE CHAKRAS SYSTEMS.

Grading:

Your attendance is graded. As we say, experience is the most important thing for practicing yoga.

1-Each class =7 points-----Attend 10 classes =84 points.

2-Written Assignments: Research paper about the 7 Chakras =10 points

3- Self Expression: Class presentation about yoga = 6 points

The Grade will be given based upon the following percentages:

A—95%	B+++85%	C+----75%	D+---65%	F= Below 60%
A---90%	B----80%	C-----70%	D ----60%	

CLASS POLICIES AND NOTES

You should not be late! Practicing yoga is the time when we will be quiet and calm, and relaxed, for that we should not disturb other students. If you come in late you must be very quiet; you cannot leave before the class is over or make any noise at all, especially when the class is practicing deep relaxations. We are here to learn how to completely relax and detach from the world outside us.

WITHDRAWAL FROM CLASS

Remember, if you must withdraw from this class for any reason, it is **your responsibility to make this withdrawal official by completing paperwork at the registrar's office.**

Be sure not to miss the withdrawal deadline, or you will take a grade in this class regardless of whether you attend or not.

Disability Policy

“If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the student Service Center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.”

Class Schedule: Thursday - 8:00-9:40 am

Dates	Index of Exercises	Home Assignments
8/24	Long Deep Breathing Basic Spinal Energy Series (includes Sat Kriya) Meditation: Learning meditation with “Sat Nam” Mantra	Read Text book Chapter 1 Practice deep breathing
8/31	Long Deep Breathing Kriya for disease Resistance Meditation: Mahan Gyan Mudra	Practice deep slow breathing Meditation
9/7	Long Deep Breathing: Breath of Fire Ego Eradicator Surya Krita (includes Sat Kriya & a silent meditation) Meditation: Long Sat Nam	Read Text book Chapter 2 Practice Breathing Meditation
9/14	Pranayam (Left Nostril Breathing) Awakening the Ten Bodies Meditation for projection & protection the heart	Practice Breath of Fire
9/21	Basic Breath Series Kriya for Elevation (includes Sat Kriya) Meditation: Siri Gaitri Mantra	Read Text book Chapter 3
9/28	Alternate Nostril Breath Nabhi Kriya Meditation for calm heart	Practice breath of Fire and Meditation: Long Chant

10/5	Nadi Cleansing Pranayam (U-Breath) Flexibility& the spine Meditation: Guru Guru Wahe Guru, Guru Ram Das Guru	Read Text book Chapter 4 Meditation: Guru Guru Wahe Guru
10/19	One – Minute Breath Basic Spinal Energy Series Stress Set for Adrenals & Kidneys Meditation: Kritan Kriya	Meditation: Kritan Kriya
10/26	Basic Breath Series Pituitary Gland Series Meditation: Long Sat Nam	Read Text book Chapter 5
11/2	Pranayam (Right Nostril Breathing) Sat Kriya workout Meditation for Emotional Balance	Review the text and prepare for final group discussion
11/9	Breath of Fire Adjusting the Navel Meditation for prosperity 1	Continue Practice Meditation of your choice
11/16	Self –Knowledge Series Become Crystal clear and Accessing the source of strength in you Naranyan mudra Meditation	
11/30 12/7	Self Expression....Review Basic Breathing Techniques. Sat Kriya and Strengthen the Aura (Electromagnetic field) Review all Meditations	