

**Instructor** Rebecca Russell

**Location** O'Hare Campus

**Contact** rebeccar23@gmail.com  
630.917.4472

**Meetings** Tuesdays, Jan. 5 – March 9  
6:30 – 9:30 pm

**Credit hours** 4

### **Course Description**

This course introduces the dimensions of yoga and explores how yoga can benefit well-being. Class meetings include time for gentle, beginning-level yoga movement, focused breathing and meditation (no previous experience needed). Students reflect on the impact of these practices on body and mind through independent writing and class discussion. As a result of this course, students will understand fundamental yoga movement; be able to identify the impact of yoga on their bodies; explore yoga philosophy; and understand how yoga is one component of well-being.

### **Faculty**

Rebecca Russell holds an MS in Communication from Northwestern University; a BA in English Literature with a minor in Journalism from the University of Illinois at Champaign-Urbana; and holds advanced 500-hour Registered Yoga Teacher certification. Her career includes work as a writer and editor for specialized industry publications and as a director of communications for the training center of a professional services organization. She now is a teacher of yoga and college communications courses, and is a freelance writer.

### **Competencies**

**A-3-B:** Students explore a model of spiritual development and apply it to oneself or others.

- Students demonstrate competence by reflecting on fundamental yoga practices and the foundations of yoga philosophy.

**H-3-F:** Students can understand the interrelationships among intellectual, psychological, spiritual and physical health in one's own life.

- Students demonstrate competence by analyzing and experiencing the impact of yoga practice and yoga philosophy.

**S-1-X:** Students explore and experience the impact of yoga for health and well-being.

- Students demonstrate competence by using scientific principles to explore the benefits of yoga on a dimension of well-being.

**S-2-C:** Students can describe, categorize and explain development or change within physical or biological systems.

- Students demonstrate competence by being able to track and explain physiological and psychological changes taking within themselves as the result of the practice of yoga.

### **Learning Experiences**

Immersion in yoga combines first-hand experience with movement, breathing and meditation, plus a review of the foundations of yoga philosophy. The course is taught experientially, enabling students to reinforce their learning through active involvement.

A study of yoga foundation provides insight into the impact of yoga and its potential to play a part in supporting well-being. In addition to readings and material presented by the instructor, students reflect on the impact of practices; learn from each other through class discussion; and conduct research on yoga and well-being.

Through this course, students gain understanding of:

- The fundamental practices of yoga including movement, breathing and meditation.
- The fundamental precepts of the yoga tradition.
- The impact of yoga practice and its potential to support well-being.
- How to incorporate yoga into daily activities.

### **Textbook and Materials**

*Living Your Yoga* by Judith Lasater; Rodmell Press, 2000

- Additional readings for the course are provided through e-Res

Students purchase and bring to every class:

- Yoga sticky mat (available at bookstores, Target, etc.)
- Yoga block (available at bookstores, Target, etc.)
- Blanket, beach towel or large bath towel (bring one that you have)

Attire: Each class meeting includes time for yoga movement. Wear or bring clothing that is comfortable and permits movement; no jeans, belts, skirts, etc.

### **Evidence the Student Submits**

#### **Journal**

**250 points / 25%**

Students write about their experience with each class session's yoga practice.

#### **Reflection Essay**

**250 points / 25%**

Students write two short essays on an assigned topic to gain insight into specific aspects of yoga.

#### **Research Paper**

**250 points / 25%**

Students write a paper that examines one area of yoga. Students select and research a topic and relate their analysis to their competence(s).

#### **Attendance and Participation**

**250 points / 25%**

Class attendance (*all classes, in their entirety*) and active participation are required for all competencies. If a class must be missed, please let the instructor know as far in advance as possible. Missing more than one class of the 10-week course makes it difficult to keep up with requirements and will impact the final grade. Students should rely on each other to obtain missed class information.

#### **Notes on assignments**

- All assignments must be completed.
- All assignments are due on the date specified; late assignments require advance approval.
- In-class assignments and activities cannot be made up.

### **Criteria for Assessment**

Grades for all competences are dependent on attendance, participation and completing all assignments. Please remember that grading is based on evidence the student presents in class and in assignments; it is the student's responsibility to demonstrate an understanding of the skills and knowledge gained.

The course follows the current SNL policy for a grade of Incomplete.

### **Academic Integrity**

The course follows the University's policy on plagiarism, which is detailed in the DePaul Student Handbook.

### **Weekly Schedule - Tentative**

Class	Date	Focus	Reading Completed	Assignment Due
1	Jan. 5	Course Overview  Yoga principle: Self-study	Farhi, Donna: The 10 Living Principles: <i>Swadhyaya</i> (p. 14)	
2	Jan. 12	History of Yoga  Yoga principle: Non-violence	Farhi, Donna: The 10 Living Principles: <i>Ahimsa</i> (p. 8)  <i>Living Your Yoga</i> Chapter 4: Self-Judgment Chapter 8: Compassion Chapter 20: Nonviolence  Good for the Mind, But How About the Body? <i>Harvard Health Letter</i>  McCall, Timothy B.: The Science of Yoga	Journal
3	Jan. 19	Eight Limbs of Yoga  Yoga principle: Truthfulness	Farhi, Donna: The 10 Living Principles: <i>Satya</i> (p. 9)  <i>Living Your Yoga</i> Chapter 18: Truth  Wheeler, A.: A Study of the Impact of Yoga Asana on Perceived Stress, Heart Rate, and Breathing Rate	Journal  Reflection essay
4	Jan. 26	Breath  Yoga principle: Non-stealing	Farhi, Donna: The 10 Living Principles: <i>Asteya</i> (p. 10)  e-Res - McCall, Timothy B.: Anxiety and Panic Attacks	Journal  Research paper proposal
5	Feb. 2	Nourishment  Yoga principle: Moderation	Farhi, Donna: The 10 Living Principles: <i>Brahmacharya</i> (p. 11)  Jackson, Maggie: Grab and Go: A Restless Nation Tanks Up	Journal

Class	Date	Focus	Reading Completed	Assignment Due
6	Feb. 9	Meditation  Yoga principle: Non-hoarding	Farhi, Donna: The 10 Living Principles: <i>Aparigraha</i> (p. 12)  <i>Living Your Yoga</i> : Chapter 12: Attachment and Aversion Chapter 15: Greed  Kabat-Zinn, Jon: The Heart of Practice  Podcast: Speaking of Faith: Opening To Our Lives (discussion with Jon Kabat-Zinn)	Journal
7	Feb. 16	Intentionality  Yoga principle: Purity	Farhi, Donna: The 10 Living Principles: <i>Shaucha</i> (p. 12)  <i>Living Your Yoga</i> : Chapter 6: Perspective  Forbes, Bo: Strapped for Time?	Journal
8	Feb. 23	Relaxation  Yoga principle: Contentment	Farhi, Donna: The 10 Living Principles: <i>Santosha</i> (p. 13)  <i>Living Your Yoga</i> : Chapter 3: Letting Go Chapter 9: Control  McGonigal, Kelly: Tame Your Stress	Journal  Reflection essay
9	March 3	Enthusiasm  Yoga principle: Tolerance	Farhi, Donna: The 10 Living Principles: <i>Tapas</i> (p. 13)  <i>Living Your Yoga</i> : Chapter 2: Discipline Chapter 11: Patience	Journal
10	March 10	Yoga and Well-Being	Farhi, Donna: The 10 Living Principles: <i>Ishvarapranidhana</i> (p. 15)	Journal  Research paper