

DAA2381 - 0E02 (11886)
WORLD DANCE AND INTERCULTURAL PERFORMANCE YOGA
University of Florida School of Theatre and Dance
Spring 2023

Instructor: Melissa Montilla **email:** mmontilla@arts.ufl.edu
phone: 352-538-7537

Class meetings: 12:50 PM - 2:45 PM
3 Credits / Classroom: SOC 2205 / Mondays and Wednesdays / Period 6 - 7

Course Website:

Communication: You may call, text, or email. I prefer emails via Canvas. Text is the most effective. You are welcome to text me with any questions or concerns 24/7. I will reply ASAP. I am also available before and after class. If that does not work for your schedule, please email, or text me and I will set up an in person, call, or zoom meeting.

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ALL technical issues are to be resolved by you directly with the UF Computing Helpdesk which is available to you 24 hours a day, 7 days a week

- (352) 392-HELP (4357) – select option 2
- helpdesk@ufl.edu (email this address)
- UF Computing Helpdesk Walk-In (HUB, 132) hours: Mon - Thurs: 7:30 am - 10:00 pm; Friday: 7:30 am - 5:00 pm; Weekends: 12:00 pm - 6:00 pm

All UF syllabi are subject to change. This syllabus represents current plans and objectives. During the semester, those plans may change to clarify the class learning opportunity and you are individually responsible to follow updates provided: your regular attendance ensures you will be up to date.

Catalog Description:

DAA 2381 World Dance and Intercultural Performance - Yoga.
An introduction to the performance of traditional and popular movement styles representing a selection of perspectives. Emphasizing practice and performance, the course examines movement forms in relation to their specific cultural contexts. Readings, video viewing and class projects will enhance laboratory exploration.

Description:

Yoga is a philosophy that promotes wellness and connection. The word “yoga” means “yoke” or “union.” The ideas and movement vocabulary that constitute yoga support not only a mind – body connection, but creates a kinesthetic and energetic awareness of what is happening with in and around us. Yoga is a

centering, galvanizing, energizing and inspiring journey, and a fantastic tool for living well.

Objectives:

1. Promote kinesthetic and mental awareness through the practice of yoga.
2. Gain an understanding of the foundations of yoga philosophy and cultural context.
3. Consistently practice yoga postures / asana, pranayam / breathing, as well as relaxation and meditation techniques.
4. Experience different styles of yoga and their benefits.
5. Gain an understanding of movement principals and basic functional anatomy within the context of yoga asana.
6. Practice relaxation techniques and understand their impacts on the nervous system.
7. Improve strength, endurance, flexibility, balance and mobility.
8. Learn how to design a personal practice.

Required Texts, Attire, and Materials:

- All required content will be posted on Canvas site.
- Clothes for comfort and movement. Please layer. The studio is cold.
- Clothes must fit well enough to observe form. Nothing too baggy or floppy.
- When practicing via Zoom Videos must be on.
- Drinking water is encouraged. You may bring a water bottle to class.
- Yoga Mat (storage available in studio)
- Bare feet. No socks
- A composition or sketch book for hand written notes.
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Course Policies:

YOU ARE REQUIRED TO ATTEND EACH FULL CLASS

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

- Do not miss class if you are late. Get in and get going!
- You are responsible for any material that you miss when you are absent.
- Do not come to class sick. Our health is a priority.

Silence your cell phones and notifications completely before class begins, and refrain from using them during any class time.

NO GUM!!!

It's a class, so stop and ask a question when you need to. No one in the history of physical exertion has ever been sad for a short pause. We have a thoughtful community full of people interested in learning more, and I am interested in being a better teacher. Interaction is the magic sauce that makes everything better.

Please let me know if you have any injuries or if anything feels uncomfortable or uncertain with your movement. This can be done during class or in confidence at another time. Your safety and wellness is a priority.

Please remember that while UF policy allows students to record classes to support your learning process, you may not post anything publicly without my permission. You may not record, photograph or post any other students without their permission.

Professionalism / Participation:

Participation is essential to course success. Showing up is not just a physical act. Students are expected to engage in class discussion, contribute to and support each others learning, complete assignments and listen when others are speaking. The class will be at its best when we all show up for each other. The importance of attendance is emphasized and part of the final grading process, as noted in the syllabus.

Week 1	Introduction to the course, Tensegrity, Biotensegrity and the connected body.
Week 2	Online discussion: “White Women Killed Yoga”
Week 3	History of Yoga and Standing Poses. “What is Yoga” Personal reflection due.
Week 4	Basic needs, basic components of the Musculoskeletal System and Standing Poses.
Week 5	Posture, Ankle, Knee, and Hip Connection and Standing Balances. Quiz 1
Week 6	Kleshas / Subtle Body. Active and restorative practice.
Week 7	Intro to the Autonomic Nervous System and happy hamstrings.
Week 8	Performance week - Adapting to stress and restore and release.
Week 9	How to “stretch.”
Week 10	The psoas, spine and core connection. Final topics due. Quiz 2
Week 11	Performance week - Yama, Niyama, Pranayam, and How to sequence a Yoga class.
Week 12	Inversions.
Week 13	Moving the lymph System and meditation.

Week 14	Urban Survival and Wellness Waymaking.
Week 15	Final Presentations
Week 16	Finals Week

Evaluation:

- Participation (40 points)
- “What is your Perspective of Yoga?” 2 page personal reflection (10 points)
- “Asana Journal” a record of home practice assignments.(20 points)
- 2 quizzes from assigned readings/ discussion (10 points)
- Final Design Project (Research, class sequence, video etc.) (20 points)

Total=100

Total=100

Grading Scale:

A 93-100 points

A- 90-92

B+ 86-89

B 83-85 points

B- 80-82

C+ 77-79

C 73-76 points

C- 70-72

D+ 67-69

D 63-66 points

D- 60-62

E 59 and below

Important Dates and Deadlines:

Drop and Add period ends January 13th, 2023 11:59pm

- Email mmontilla@arts.ufl.edu by Noon on the 30th with any questions you might have regarding the syllabus, and any essential information about yourself that you think I should know.

“What is your Perspective of Yoga?”: January 26th, 2023

2 page personal reflection (online submission).

Quiz 1(online submission): February 8th, 2023

Quiz 2(online submission): March 22nd, 2023

Final Topics Due: March 22nd, 2023

Final Presentations: April 24th and 26th, 2023

**No Class Meetings: January 16th, March 6th, March 13th - 17th, April 3rd
January 18th will be non synchronous and online
Important SOTD Dates Available on Canvas Calendar.**

The Disability Resource Center:

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. [Click here to get started with the Disability Resource Center.](#) It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

Course Evaluations:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

UF Polices:

UF GRADES AND GRADING POLICY

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

ACADEMIC CONDUCT

UF students are obliged to abide by the university's honesty policy regarding cheating, plagiarism, and overall academic conduct. The Honor Pledge states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code." The Honor Code (sccr.dso.ufl.edu/process/student-conduct-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions.

GETTING HELP

For help with Canvas, contact the UF Help Desk!

- <http://helpdesk.ufl.edu>
- (352) 392-HELP (4357)
- Walk-in: HUB 132

HEALTH AND WELLNESS RESOURCES

• U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit umatter.ufl.edu/ to refer or report a concern and a team member will reach out to the student in distress.

- Counseling and Wellness Center: Visit counseling.ufl.edu/ or call 352-392-1575 for information on crisis services as well as non-crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit shcc.ufl.edu/
- University Police Department: Visit police.ufl.edu/ or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville; ufhealth.org/emergency-room-trauma-center.

ACADEMIC RESOURCES

UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services career.ufl.edu/.
- Library Support: <https://cms.uflib.ufl.edu/ask> receive assistance on how to best use the libraries and/or find resources.
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring. teachingcenter.ufl.edu/
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. writing.ufl.edu/writing-studio/
- Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-%20code-%20student-conduct-code/>
- Dropping and Withdrawal <https://catalog.ufl.edu/ugrad/current/regulations/info/drops.aspx#withdraw>

Health Precautions

Please do not come to class with fever, runny nose, coughing, or any other communicable symptoms. I will ensure you have the opportunity to make it up.