

**UNIVERSITY OF FLORIDA SCHOOL OF THEATRE AND DANCE**  
**WORLD DANCE AND INTERCULTURAL PERFORMANCE**  
**YOGA-DAA 2381**  
**SPRING 2015**

Instructor: Angela McDonough-DiFiore

amcdonough@ufl.edu

Office Hours: By appointment only

DAA 2381 Section 15H0, 3 Credits

Meeting room: CON G-11

T/H (Per 8/9)

Class meetings: 3:00pm- 4:30pm

**Catalog Description:**

**DAA 2381 World Dance and Intercultural Performance-Yoga**

An introduction to the performance of traditional and popular dance styles representing a selection of world dance perspectives. Emphasizing practice and performance, the course examines dance forms in relation to their specific cultural contexts. Readings, video viewing and class projects will enhance laboratory exploration.

**Objectives for DAA 2381-Yoga :**

- Create physical and mental awareness through the practice of yoga asana and meditation techniques.
- Gain an understanding of yoga philosophy through readings, research and discussion.
- Practice yoga postures/asana as well as Surya Namaskara A and B.
- Learn the names of yoga postures/asana and their Sanskrit names.
- Gain an understanding of asana alignment, stabilization and elongation.
- Practice relaxation and breathing techniques as well as focus on Pranayama.
- Improve strength, endurance, flexibility, balance and mobility.

**Yoga is a practice for the mind and body.**

Yoga is an opening and grounding physical practice that helps to quiet the mind, so that one may access a meditation practice. Yoga is a centering, galvanizing, energizing and inspiring journey. Yoga continues to teach us about ourselves and the world around us. Yoga brings connection, understanding and balance to our lives. It is there for us to experience and discover! For this, we should be so grateful. Namaste!

### **Attire and Class Materials:**

- Comfortable clothes to move in (Tank tops, sweat pants, warm-up pants, loose pants that the ankles are exposed, dance clothes) Bare feet. No socks.
- Yoga mat-required
- Towel or small blanket-required
- Daily Practice Journal-required
- Books: "The Yoga Sutras of Patanjali" (Bring your book on specified days TBA)
- Please see the instructor if you have any questions regarding attire or class materials.
- NO extra clothing, baggy shirts, baggy pants, hats etc.
- NO large jewelry, or watches
- NO Gum
- Hair must be swept away from the face and secured
- You may want to bring a towel and a bottle of water to class with you.
- You may want to bring 2 yoga blocks with you and a yoga strap.-optional
- Inappropriate attire or failure to dress for class will result in a deduction of 5 points from your grade

### **Yoga Etiquette:**

- Yoga is a practice for the mind and body that requires personal discipline and motivation. Respect for other students and the instructor is of the utmost importance.
- Be aware of the appropriate times to talk and or sit.
- Personal hygiene is expected and is its own reward.
- Please do not text, check messages or make phone calls during breaks in class.
- Silence your cellphones completely before class begins.
- Please refrain from keeping your phone on your yoga mat.
- If you arrive to class late (after the opening meditation has begun), please quietly enter the space, and join us in the meditation. Find a spot in the back of the room or along the side, so you won't disturb anyone around you. Do not toss your bag, or unroll your yoga mat. Once the opening meditation is complete then you can get settled and set up your mat etc.
- Be encouraging to others!

### **Attendance:**

Attendance is mandatory. Participation is the only way to meet the objectives of this course. This means you are required to be on time, dressed in the proper attire, and attentive for the duration of the class time. It is highly encouraged that you actually arrive early to warm-up, prepare and focus for the class. The following attendance

policy insures the integrity of the objectives of the course.

- Attendance is mandatory. You must be present for all scheduled classes, plus required concerts and events.
- There are no makeup classes. Each unexcused absence deducts 5 points from your grade. No exceptions.
- You are responsible for any material that you miss when you are absent.
- Excused absences are medical/ and or family emergencies, UF school events/trips and UF approved religious holidays. and the instructor must receive appropriate and legitimate documentation within one week of the absence.
- Absences from a written exam will result in a test grade of zero.
- Three times tardy will make an absence. When late you must clear your entry into class with the instructor. You are late after the role has been taken/ class begun. You may not be permitted to join the class or observe if you are 15 minutes late or more.
- It is your responsibility to sign in before every class! The sign in sheet will be located at the entrance of the CON G-11 classroom every day.
- Leaving class early requires the instructor's consent before class or it will count as an absence.
- If you are injured, see the instructor immediately.
- If you are unable to move, injured or sick you may "actively" observe class and complete a short observation assignment (due at the end of class). Class observation is not a time to do homework, read, text, work on your laptop etc. You will be expected to participate in the opening meditation as well as savasana at the closure of the class. You may **NOT** observe savasana or the opening meditation. It is important that everyone participates in these two activities. I can help with modifications if you are not feeling well enough to sit or stand in a particular posture. Please allow time at the beginning of class to discuss your situation and any modifications we might need to make for you that particular day. You are only allowed 2 observation days unless you have a doctor's note stating otherwise.
- Prolonged illness or injury may result in dropping the course. Incomplete grades are rare, and only given with medical documentation. If approved, CFA Incomplete contract must be signed by the Director, Instructor, and Student.

### **Evaluation:**

Attendance/ Attire Mandatory as explained above

Personal progress/ effort/ participation (50 points)

“What is Yoga?” 2 page paper (10 points)

“Constructing a personal practice journal” (50 points)

2 quizzes from assigned readings/ discussion (40 points-20 points each)  
Final Design Project (Research, class sequence, video etc.) (50 points)  
Total=200

Grade Scale:

A =186-200 Points

A-=180-185 Points

B+=175-179 Points

B =166-174 Points

B-=160-165 Points

C+=155-159 Points

C =146-154 Points

C-=140-145 Points

D+=135-139 Points

D =126-134 Points

**IMPORTANT DATES AND DEADLINES\***

**Classes Begin Tuesday January 6, 2015**

**Drop and Add period ends Monday January 12, 2015**

**“What is Yoga?”-Due Tuesday January 13, 2015 by 11:55pm, sent via Gator  
webmail**

Write a 2-3 page paper regarding the question “What is Yoga? You may also discuss what you hope to discover through yoga. If you already practice yoga, please discuss what you find the most centering and effective in your personal practice.

**“Constructing a personal practice journal”- Due Thursday April 16, 2015**

This journal is for you to record your experiences with cultivating your own personal practice as well as your experiences in yoga practice in our group sessions. Please write in the journal after each class meeting as well as one other time that you practice yoga alone during the week. Your individual yoga practice should be at least 20-30 minutes. Please list what you have practiced ie: asana, meditation, chanting etc. and your reactions, revelations and discoveries. Each journal entry should be a least one paragraph. Most of the time you will have 3 journal entries per week, unless we do not have class. Your journal can be online or a hard copy, whichever you prefer.

**Written Quizzes: #1 Thursday February 26, 2015. #2 Thursday April 9, 2015**

There will be two written tests based on reading assignments and in class discussion.

**Final Design Projects: Tuesday April 21, 2015 (Final class meeting)**

This is a project of your own design to be shared during the last week of classes.

Examples for your project could be a live presentation or video that will include yoga asana sequence and/ or yoga philosophies. Your project should also include information regarding the 8 limbs of yoga. We will discuss your project options at midterm to ensure that everyone has chosen an approved research topic for the final design project.

**CLASSES BEGIN: Tuesday January 6, 2015**

**DROP/ADD ends Monday January 12, 2015**

**NO CLASSES:**

**January 19, 2015 Martin Luther King Day**

**February 28-March 7, 2015 Spring Break**

**CLASSES END: Wednesday April 22, 2015**

**Communication:**

**Obviously communication is very important! Please come to me with all questions and concerns at any time throughout the semester. You may make an appointment to speak with me before or after class regarding your progress or any questions you have regarding DAA 2381-Yoga. Email me at [amcdonough@ufl.edu](mailto:amcdonough@ufl.edu) to schedule an appointment. You are encouraged to ask questions during class and if you need more feedback from the instructor, please do not be afraid to ask. Remember, unless you communicate to me directly, I will have to assume that you are satisfied, happy and clear about all materials presented. I want you to have a great yoga experience.**

**Required Text:**

Satchidananda, Sri Swami. *The Yoga Sutras of Patanjali*. Integral Yoga Publications.

**Highly Recommended:**

Easwaran, Eknath. *The Bhagavad Gita*. Nilgiri Press.

Iyengar, B.K.S. *Light on Yoga*. Schocken Books.

Farhi, Donna. *Yoga Mind, Body & Spirit*. Holt Paperbacks.

Hatley Aldous, Susi. *Anatomy and Asana: Preventing Yoga Injuries*. Eastland Press

## **Biography:**

Angela McDonough DiFiore has over twenty years experience in the field of dance as a performer, choreographer, and educator. She holds a BFA in Dance from New World School of the Arts and an MFA in Dance (Choreography and Performance), from Florida State University. Angela has presented her choreographic work in performances at FSU's Days of Dance in Tallahassee, Florida, the Florida Dance Festival in Miami Florida, Florida Dance on Tour, Gainesville, Florida, Broward College, Ft Lauderdale Florida, Santa Fe College, Gainesville, Florida, College of Central Florida, Ocala, Florida, University of Florida, Gainesville, Florida, Mt San Jacinto Community College, Mt San Jacinto, California, and Pro Danza Italia in Montescudaio, Italy.

From 1998-2003 Angela served as co-director of the dance program at Broward College in Ft. Lauderdale, Florida. At Broward College she had the opportunity to teach Ballet, Modern and Jazz as well as choreograph for the BCC Dance Ensemble, direct concerts and mentor students. She has performed throughout the south Florida region with such groups as Dancesynergy, Corps Chameleon, Millennium Dance Syndicate Ballet Flamenco La Rosa and Kokoflux, Fuzion Dance Artists, as well as with other independent artists. While completing her MFA in dance at Florida State University, Angela had the opportunity to dance in the work of choreographers such as Lynda Davis, Terry Creach, Susan Marshall, and Brendt Schneider. She was also an active member of Dance Repertory Theatre, as a performer, rehearsal director and company assistant.

While living in New York City, Angela performed with The Ugly Company, directed by Tennille Lambert at various performances at the Cunningham Theatre Space, Movement Research, and Dance Theater Workshop. She also taught for FSU in NYC (a dance program in NYC through Florida State University, designed for undergraduate Seniors and Masters students), leading the Movement/Studio element "Class as a moving body". Angela worked closely with Dr. Sally Sommer to connect the studio element with the history and research portions of the FSU in NYC experience.

Recent creative projects have included choreographing a solo titled, "Kindred Whispers and Memories" as well as resetting her solo "Lilac Wine" for dance students at University of Florida and Mt San Jacinto Community College. Angela also recently created a work titled "Dances for Will McLean", commissioned by the Will McLean Foundation and the College of Central Florida. In addition to dance, Angela has a great interest in yoga practice and is a RYT certified yoga instructor and a member of Yoga Alliance. She recently created a new Yoga course designed specifically for dancers, at the School of Theatre and Dance at the University of Florida. Angela has taught dance at Santa Fe College, and is currently teaching both dance and yoga at the University of Florida and the College of Central Florida.

**\*\*Please bring a notebook and pen/ pencil to each class meeting. Please check the bulletin board outside of class for announcements.**

See UF College of Fine Arts main page: [www.arts.ufl.edu](http://www.arts.ufl.edu)

**\*\*All items on this syllabus are subject to change during the course of the Spring 2015 semester.**

**\*\*Students requesting accommodation for disabilities must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the instructor when requesting accommodation.**

**\*\*Academic Honesty Guidelines: The academic community of students and faculty at the University of Florida strives to develop, sustain and protect an environment of honesty, trust and respect. Students are expected to pursue knowledge with integrity. Exhibiting honesty in academic pursuits and reporting violations of the Academic Honesty Guidelines will encourage others to act with integrity. Violations of the Academic Honesty Guidelines shall result in judicial action and a student being subject to the sanctions in paragraph XI of the Student Conduct Code. The conduct set forth hereinafter constitutes a violation of the Academic Honesty Guidelines (University of Florida Rule 6C1-4.017).\*\***