

UNIVERSITY OF FLORIDA SCHOOL OF THEATRE AND DANCE
WORLD DANCE AND INTERCULTURAL PERFORMANCE
YOGA-DAA 2381 / Sect 04BG
FALL 2015

Instructor: Melissa Montilla **email:** mmontilla@arts.ufl.edu

Office Hours: By appointment only

DAA 2381, 3 Credits / SOC 2450 (O'Connell Center) Section 13B2. T/TH (Per 6-7)

Class meetings: 12:50 pm - 2:45 pm

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.

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 for DAA 2381-Yoga:

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

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, block and blanket -required
- Asana Journal / Notebook - required
- **Recommended Text: *The Heart of Yoga*, by T.K.V. Desikachar**
(Bring your book on specified days TBA)
- See the instructor if you have any questions regarding attire or class materials.
- NO extra clothing, baggy shirts, baggy pants, hats etc.
- NO GUM!!!
- You may want to bring a towel and a bottle of water to class with you.
- 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 that requires personal discipline and motivation. Respect for your self, 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.
- Silence your cell phones completely before class begins, and refrain from using them during any class time – including breaks.
- Please refrain from keeping your phone on your yoga mat.
- If you arrive to class late, please quietly enter the space. Find a spot in the back of the room or along the side.
- 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 any 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. 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.
- Leaving class early requires the instructor's consent before class or it will count as an absence.
- Leaving class early or arriving late deducts 3 points from your total grade.
- 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 meditation as well as final relaxation. You are only allowed 2 observation days unless you have a doctor's note.
- Five (5) or more absences (excused or unexcused) result in automatic failure.
- 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.

Professionalism / Participation:

The student consistently demonstrates an attitude that is teachable, mature, attentive, supportive, open, and welcomes and integrates corrections. The importance of attendance is emphasized and part of the final grading process, as noted in the syllabus.

- **Excellent /Advanced:** Student shows a high level of a mature and professional approach to all aspects of course work.
- **Good/Sufficient:** Student shows a consistent and growing awareness of the profession through classroom behavior and peer interaction.
- **Limited/Deficient:** Student demonstrates limited interest or ability in understanding and expressing a professional attitude. May resist corrections and/or what is being taught. Fails to heed instruction and/or demonstrates other behaviors unbecoming a professional person.
- **Unsatisfactory:** Student rarely demonstrates an attitude that is teachable, mature, attentive, supportive, open, and does not integrate corrections.

Evaluation:

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

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 August 28, 2015**

- Email mmontilla@arts.ufl.edu by Friday August 28, 2015 with any questions you might have regarding the syllabus, and any important information about yourself that you think I should know, ie: physical condition, injury, schedule conflicts etc.

“What is your Perspective of Yoga?” Due Tuesday, Sept. 1, 2015

Write a 2 page paper regarding the question “What is your Perspective of 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.

“Asana Journal” - Due November 24, 2015

This Journal will be where we analyze, play with, and record the movement and dynamics associated with different poses. Poses will be assigned each week.

Written Quizzes:**#1 Thursday, September 24, 2015 / #2 Thursday, October 29, 2015**

Two written tests based on reading assignments and in class discussion.

Final Design Projects:**Topics Due: Thursday, October 8th, 2015.****Presentation: Wednesday December 1st & 3rd, 2015**

This is a project of your own design to be presented 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.

No Classes: Thursday, November 26, 2015**Last Class: Tuesday, December 8, 2015.**

Communication:

Communication is important! Contact me with all questions and concerns at any time throughout the semester. Email mmontilla@arts.ufl.edu to schedule an appointment. You are encouraged to ask questions during class, and if you need more feedback, 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!

**Bring a notebook and pen/ pencil to each class meeting, and check the bulletin board outside of class for announcements. Also, see UF College of Fine Arts main page: www.arts.ufl.edu

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

UF Policies:

University Policy on Accommodating Students with Disabilities: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

University Policy on Academic Misconduct: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>.

Netiquette: Communication Courtesy: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats.
<http://teach.ufl.edu/wp-content/uploads/2012/08/NetiquetteGuideforOnlineCourses.pdf>

Getting Help:

If applicable: For issues with technical difficulties for E-learning, please contact the UF Help Desk at:

- Learning-support@ufl.edu
- (352) 392-HELP - select option 2
- <https://lss.at.ufl.edu/help.shtml>

Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

Other resources are available at <http://www.distance.ufl.edu/getting-help> for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Melissa Montilla enjoys sharing Yoga as an invaluable tool for physical and emotional freedom for people of all abilities and inclinations. She has been the owner and director of Sanctuary Yoga in Gainesville, FL since 2003, and began practicing yoga in 1990 with the beautifully talented Elaine Grey. Melissa has enjoyed the privilege of working with many wonderful teachers in the states and Sri K. Pattabhi Jois, Sharath and Saraswathi Rangaswamy in Mysore, India.

Practicing Ashtanga yoga for many years opened her up to the possibilities of yoga as a process for health and wellness. This encouraged an ongoing exploration that broadened her practice and teaching perspective by studying functional anatomy, alignment, kinesiology and therapeutics with the provocative teachings of Jenny Otto, Tzahi Moskovitz, Judith Lasater, Marie-Jose Blom, and other teachers informed by a diversity of traditions.

Melissa defines her teaching as “Movement Therapy.” It is influenced not only by yoga, but also an array of movement practices that have supported her wellness and longevity as a dancer, runner, and horseback rider. Along with all of that movement, she practices stillness with a meditation practice fostered by Vipassana teachings, as well as an investigation of contemplative craft and the expansive wilderness of hearts and minds in natural horsemanship.

Melissa holds a BFA in Dance from Florida State University, with a strong focus on anatomy, kinesiology, and movement education as well as a Master’s of Landscape Architecture from the University of Florida. She is an E-RYT (Experienced Yoga Teacher) and certified by Yoga Alliance at the 500hr level with an emphasis on Yoga Therapy and has taught Ashtanga, Alignment, and Restorative classes and workshops throughout Florida since 2001. She believes that good alignment, consistency, and joy are the keys to a long and fulfilling life of movement.