

**UNIVERSITY OF FLORIDA SCHOOL OF THEATRE AND DANCE**  
**WORLD DANCE AND INTERCULTURAL PERFORMANCE**  
**YOGA-DAA 2381-SUMMER A 2018**

**Instructor: Angela McDonough DiFiore**  
**adifiore@arts.ufl.edu**

**Office Hours: by appointment only**

**Office: Nadine McGuire Pavilion T211**

**DAA 2381, Section 027C, 3 Credits**

**Class meetings- M,T,W,R,F- CON G6-Period 3, 11am-12:15pm**

\*Email Policy: Use ONLY your **CANVAS** email account for email correspondence related to class. Please include your name & class in the subject line or within the body of all correspondence. [UFL.EDU](mailto:UFL.EDU) email may be used when Canvas is not available.

**Syllabi are posted at CFA website under: *Student & Parents*: <http://arts.ufl.edu/syllabi/>**

**Lab Fees** can be located at: <http://registrar.ufl.edu/soc/201608/all/theadanc.htm>

**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, sweatpants, 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 ensures the integrity of the objectives of the course.

- Attendance is mandatory. You must be present for all scheduled classes.
- 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.
- 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(10)/ effort(10)/ participation (10)/Discussions (20) =(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: Monday May 14, 2018**

**NO CLASSES: Monday May 28, 2018 Memorial Day**

**CLASSES END: Wednesday April 25, 2018**

**"What is Yoga?"-Due Friday May 18, 2018 by 11:55 pm via email/Canvas: [adifiore@arts.ufl.edu](mailto:adifiore@arts.ufl.edu)**

Write a 2-3 page paper regarding the question "What is Yoga? You may also discuss what you hope to discover through yoga this semester. This is purely your perspective, so there are no right or wrong "answers". 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 at our class meeting- Friday June 15, 2018**

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 and/ or other times 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 at least one paragraph. Most of the time you will have 5 journal entries per week, unless we do not have class. Each journal entry is 2 points for a total of 25 entries=50 points. Your journal can be online or a hard copy, whichever you

prefer.

**Written Quiz/Essay:**

**#1 Monday June 4, 2018**

**#2 Monday June 11, 2018**

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

**Final Design Projects: Wednesday June 20, 2018**

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.

**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 [adifiore@arts.ufl.edu](mailto:adifiore@arts.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, Not required:**

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

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

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

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, develop dance program curriculum 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, and 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.

Additional creative projects have included choreographing and performing a solo titled, "Kindred Memories" with original music composed by Richard DiFiore. "Kindred Memories" was reconstructed for a University of Florida dance major in performances during 2014 and 2015. She also reset her solo "Lilac Wine" for dance students at University of Florida and Mt San Jacinto Community College. Angela created a work titled "Dances for Will McLean", commissioned by the Will McLean Foundation and the College of Central Florida. Angela was an organizer and contributor to the Florida Waterways Dance Project 2011, and the National Water Dance Project 2014 led by Kristin O'Neal, in collaboration with University of Florida. In April 2016 Angela had the pleasure of being a guest choreographer, collaborator and organizer for the National Water Dance Project "The Ripple Effect" in collaboration with Solveig Santillano and Mercyhurst University, Erie Pennsylvania.

In addition to dance, Angela has a great interest in yoga and has cultivated her own personal practice since 2003, and is a RYT certified yoga instructor and a member of Yoga Alliance since 2010. She created a yoga course designed specifically for dancers, at the School of Theatre and Dance at the University of Florida in 2011. Angela has taught both dance and yoga at Santa Fe College, University of Florida, the College of Central Florida, Soma Movement Arts and Perry Mansfield Performing Arts School and Camp.

**\*\*Please bring a notebook and pen/ pencil to each class meeting.**

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 Summer A 2018 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).\*\***

**STUDENT ON-LINE EVALUATION PROCESS**

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>

#### UF POLICIES:

##### **UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester

**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: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/> - UF students are bound by The Honor Pledge which 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. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor in this class.

##### **COUNSELING AND WELLNESS CENTER CONTACT INFORMATION:**

<http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

**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/docs/NetiquetteGuideforOnlineCourses.pdf](http://teach.ufl.edu/docs/NetiquetteGuideforOnlineCourses.pdf)

#### GETTING HELP:

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

■ [Learning-support@ufl.edu](mailto: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