

UNIVERSITY OF FLORIDA SCHOOL OF THEATRE AND DANCE  
WORLD DANCE AND INTERCULTURAL PERFORMANCE  
YOGA-DAA 2381 / 12768  
Spring 2020

**Instructor:** Melissa Montilla **email:** [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu) **phone:** 352-538-7537

**Office Hours:** By appointment only  
DAA 2381, Class # 12444, 3 Credits / Classroom: online / M,W / Period 2 - 3  
**Class meetings:** 8:30 AM - 10:25 AM

**Course Website:** <https://ufl.instructure.com/courses/412359>

**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.

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:**

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.

**Attire and Class Materials:**

1. 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.

2. **Yoga mat and blanket -required**
3. **a pinky ball or tennis ball - required**
4. **a household chair - required**
5. We will also be using other “props” but they will be ordinary objects found in a home.
6. Ask the instructor if you have any questions regarding attire or class materials.
7. Please have your videos on during movement if you would like feedback.
8. notebook
9. drinking water is encouraged.

### **Online Yoga Etiquette:**

Online experiences can be more personal, connected, and satisfying. Here are some tips to keep in mind to make the experience more fulfilling.

1. Turn off your image. When we see ourselves take class the self judgement can be distracting! It is also mentally exhausting to watch yourself take class. Tap the three dots at the top right corner of your screen and select "Hide Yourself." That way I can still see you. It would be weird to have mirrors in the studio, so turn this one off!
2. Claim your household yoga props a few minutes before class. I send out the class log in about 45 minutes before we start. That email has any extra props listed, along with some great household substitutes. Always have a blanket on hand.
3. Stop looking at the screen!!! Ok, at least stop when it requires you careening your neck around like a determined owl. Screens narrow our field of vision causing tension. Tension derails your relaxation response. I promise to tell you if you are way off or doing something dangerous. Otherwise, trust your senses!!!
4. 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.
5. **Silence your cell phones and computer notifications completely before class begins, and refrain from using them during any class time.**
6. Please refrain from keeping your phone on your yoga mat.
7. Do not miss class if you are late. Get in and get going!

### **Attendance & Participation:**

Participation is the only way to meet the objectives of this course.

1. You are responsible for any material that you miss when you are absent.
2. If you are injured, see the instructor immediately.
3. If you are unable to move, injured or sick you may "actively" observe class.

### **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, and proactively involves themselves.
- **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 (20 points)
- “What is your Perspective of Yoga, and What are your goals for this class?” 2 page paper (10 points)
- Homework - 6 assignments (30 points)
- 4 quizzes from assigned readings/ discussion (20 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 January 10, 2020**

- Email [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu) by Friday January 11, 2019

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 January 16, 2020**

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.

### **Homework:**

Due through out the semester. **Final deadline December 9th, 2020**

**Written Quizzes:**

**#1 September 24th, 2020 / #2 October 13, 2020 / #3 November 5th, 2020 / #4 December 3rd, 2020**

Quizzes are on Canvas and will reinforce in class information.

**Final Design Projects:**

**Topics Due: October 21st, 2020**

**Presentations: December 7th & 9th, 2020**

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 may include yoga asana sequence, yoga philosophies, or modern applications of yoga.

**No Classes: September 7th, November 11th, & November 25th, 2020**

**Last Class: December 9th, 2020**

**Communication:**

Communication is important! Contact me with all questions and concerns at any time throughout the semester. Email [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu) or call 352-538-7537 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!

\*\*Canvas for announcements. Also, 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 Fall 2020 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](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

### **Online Course Evaluation:**

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 semesters, 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>.