



USC



Karma Yoga Note to Family and Friends

All of us at USC appreciate *your* willingness to provide your loved one with extra assistance while he/she/they participates in our Yoga and the Healing Sciences Program. Realizing that for 11 weekends, he/she/they will not be around as much with you during that time, we would like to do something that shows our appreciation *to you for all that you have given up* to make this happen for him/her/they.

One aspect of our USC Yoga TT Program is the practice of *Karma Yoga*, a.k.a. selfless service or giving without the expectation of receiving something in return. We require for certification that each participant volunteers 1 hour per week (or 11 total) during the program in order to be a resource to their respective communities. To support you and show you how much we collectively value the sacrifice that you are personally making, we are advising each participant to spend a portion of the required 11 Karma Yoga hours in giving this good energy back to YOU – our USC Yoga TT's family and friends.

Sound good? 😊

So here's the deal...

Up to six of the eleven required Karma Yoga hours are allowed to be spent in service to the *kula*, a.k.a. one's family and dear friends, in order to directly share their Yoga practice and some of their teacher training experiences with you. The remaining hours will be spent doing serviceful tasks that are designed to uplift the *sangha*, a.k.a. the community in the form of non-profit work. The intention of this practice and it being allowed to be performed for family and friends is to help us all grow deeper together.

That said, have you been wanting a companion to accompany you to something that he/she/they normally wouldn't be into? Or, maybe you just want an ear to listen to you intently over a cup of tea? Maybe you want to do something playful or fun that is important to *you*? Or, maybe the rain gutters, refrigerators, dishes, and/or toilets need to be scrubbed over the next few months. LOL. ;-)

Please feel encouraged to get creative with this assignment! Ultimately, Karma Yoga is a practice that's performed to develop humility, kindness, understanding, and compassion. It teaches us to be of value to others and to expand our collective hearts and humanity by cultivating presence through acts of service.

Oh and remember, your loved one is the person who signed up for our USC Yoga TT course – *and you are the one who will have to sign off on these hours* – so use them wisely to help us meet our collaborative intention in sharing practice of Karma Yoga with him/her/they.

Please direct any questions or comments about this assignment in our USC Yoga TT to the program director Dr. Eden Goldman at eden.goldman@usc.edu.

Thanks and Namaste.