



USC Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program

Section: YHSX108

Term: Fall 2025

Location: USC Fishbowl

Weekly Meeting Times:

Saturdays – On Campus – 9:00 AM – 6:00 PM

Sundays – On Campus – 9:00 AM – 6:00 PM

Wednesdays – On Zoom – 6:00 PM – 9:00 PM

Course Content And Materials: <https://yogadoctors.com/usc-tt-materials>

Instructor: Eden Goldman, D.C., C-IAYT, E-RYT500, YACEP

Office: PED 108

Office Hours: Thursday 1:00 PM – 3:00 PM (email to schedule)

Zoom Office And Classroom: [Dr. G's Zoom Link](#)

Zoom Meeting ID: 216 899 9825

Passcode: 2Cqnuy

Contact Info: eden.goldman@usc.edu

Brightspace: brightspace.usc.edu

IT Help: USC Information Technology Services Help

Phone: (213) 740-5555

Contact Info: <https://itservices.usc.edu/contact/>

Physical Education & Mind Body Health (PEMBH) Mission

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

The Office Of Religious And Spiritual Life

The University of Southern California's Office of Religious Life sponsors a variety of opportunities for exploring the spiritual dimensions of life and learning. The Office sponsors campus programs with a moral, religious or spiritual focus like The Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program and co-sponsors events with other university units and partnerships of student religious groups.

YogaUSC

YogaUSC is a home base for all Yoga-related activities on the USC campus. It serves as a resource guide for existing departmental classes, an educational tool for greater understanding of Yoga's many benefits, and will ultimately offer specialized classes designed to bring together students, faculty and staff. If you've been wanting to try Yoga, and wondering where to start...you've come to the right place.

Yoga Acknowledgement

Although our USC Yoga TT Program is secular, we offer it with an acknowledgement of the roots of Yoga in traditional Indian philosophy and cosmology, which emerged in the context of an ancient time in India where Hinduism, Buddhism, Samkhya, Vedanta, Jainism, asceticism, and other traditions and *darshans* (schools of philosophical thought) were all practiced – many of which still are practiced today. Certain practices and ideas have evolved over time and through geography and have been adapted here in the USC Yoga TT Program to apply Yoga as a living tradition, as a spiritual practice, as a healthy lifestyle approach, and for foundational and interdisciplinary University study and teaching applications.

Land Acknowledgement

At USC, we acknowledge our presence on the ancestral and unceded territory of the Tongva people and their neighbors: (from North to South) the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples, whose ancestors ruled the region we now call Southern California for at least 9,000 years. Indigenous stewardship and rightful claims to these lands have never been voluntarily relinquished nor legally extinguished. We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and the waters and islands of the Santa Barbara Channel.

Course Description

Following the program certification guidelines of Yoga Alliance, The Yoga And The Healing Sciences Teacher Training And Lifestyle Enhancement Program offers participants the opportunity to deepen their understanding of the fundamental and advanced concepts of Yoga as a means of balancing and improving one's overall health and quality of life. The course introduces a balanced approach to Yoga – through the scope of wellness – that carefully selects and applies specific, user-friendly postures (*asana*) for physical health; supportive meditation (*dhyana*) practices and breathing techniques (*pranayama*) for mental health and emotional regulation; and traditional Yoga science, lifestyle modification techniques, and Eastern philosophy for attunement and spiritual health. All 4 yogic paths, Jnana [knowledge], Bhakti [devotion], Karma [service] and Raja [the royal path] will be introduced, discussed, and

experienced with a special emphasis placed on Raja and Hatha Yoga. Guided by experts in each topic, participants will be directly exposed to 6 of the most popular styles of Hatha Yoga (Iyengar, Kundalini, Power, Restorative, Therapeutic Flow, Vinyasa) as well as other elements of Raja Yoga practice including meditation, chanting, pranayama, Yoga philosophy, sequencing, Yoga anatomy, asana assists, nutrition, Ayurveda, energetics, Yoga therapy and the art of teaching both private and group classes. The training is intended to provide each person with the knowledge, confidence, broad-based understanding, and personal sadhana that is required of a qualified Yoga instructor.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: Suggested minimum previous experience of at least 6 months of some form of practice whether it is asana, meditation, pranayama, chanting, philosophical study, and/or Karma Yoga.

Learning Objectives And Program Benefits

Whereas many Yoga teacher training programs focus on a single practice or school of Yoga, the YHSX Program at USC introduces practitioners to a variety of different yogic practices and approaches. Each of the various approaches to Yoga practice and spiritual work have developed over the centuries in order to suit the needs of individuals of different dispositions and capacities, be it physical, mental, emotional, social, and/or spiritual. Understanding and appreciating this variety of practice will help to develop practitioners' inner and outer world while preparing them as teachers to better serve a diverse yogic clientele. What's more, upon successful completion of this program, graduates will be able to:

- Better understand Yoga as a holistic healing discipline that takes into account all aspects of an individual, including the individual's history, uniqueness, and life circumstances
- Identify the physical, psychological, emotional, mental, and spiritual benefits associated with the regular practice of Yoga through therapeutic Yoga asanas/poses, breathwork/pranayama, diet, yogic lifestyle practices, and meditation
- Develop a deeper spiritual practice and an appreciation for both the classical paths and ancient philosophies of Yoga, as well as today's more modern approaches
- Demonstrate proper body alignment and technique in each Yoga asana/pose and an understanding of anatomy, movement, and breathing both from a Yoga perspective and a scientific perspective
- Integrate and implement Yoga asanas, breathing practices, and meditation techniques into day-to-day life for relaxation and stress management while becoming more self-regulated and self-reliant

- Create and lead therapeutic and supportive Yoga practices for oneself and safe and fun classes for others with knowledge and understanding on how Yoga influences one's overall health, wellness, and quality of life
- Apply Yoga and yogic practices as a catalyst and instrument for health, healing, and balanced living

PEMBH Objectives

Participants will gain an experiential understanding of the principles of Yoga as it relates to a balanced lifestyle and will be able to:

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation
- Understand anatomy, basic biomechanical principles, and Yoga terminology

Participants will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills
- Empower themselves by setting and working toward realistic individual goals
- Participate in a motivating and nurturing environment resulting in greater sense of well-being and self-esteem
- Participate in active learning to stimulate continued inquiry about physical education, health, and fitness

Participants will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Create a safe, progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

Course Faculty

Program Director: Dr. Eden Goldman D.C., C-IAYT, E-RYT500, YACEP

Program Guest Faculty: Dr. Sara Ivanhoe, Dr. Sadhviji Bhagavati, Dr. Larry Payne, Dr. Guru Singh, Dr. Desi Bartlett, Terra Gold L.Ac., Govind Das, Dr. Allyson Pimentel, Cathy Madeo, Rob Zabel M.A., Nikka Nadia, Dr. Rita Sherma, Jennifer Guinter M.A., Jason Nemer, John Vosler, Paula Tapia, Andrew Sealy, Chet Alexander, Faheem Muhadid, Stewart Gilchrest, Dr. Laura Baker, Steve Hsu, Salena Collins, M.A., Arun Deva, D.Asc.

Course Dates

The current dates for the 11 live weekends on campus for the USC Yoga TT course are:

September 13-14, September 20-21, September 27-28, October 4-5, October 18-19, October 25-26, November 1-2, November 15-16, November 22-23, December 6-7, December 13-14

The current dates for the 7 live and recorded Wednesdays on Zoom for the USC Yoga TT course are:

September 17, September 24, October 15, October 29, November 5, November 19, December 3

Course Materials And Books

USC Yoga TT participants are required to have the following books for the Fall course:

Yoga Sutras of Patanjali by Swami Satchidananda

Book I, Sutras 1-4, 7, 12-19, 27-28, 33-34, 41

Book II, Sutras 1, 5, 9, 16-18, 22, 25-26, 29, 43-47

Autobiography of a Yogi by Paramahansa Yogananda

Chapter 6 “The Tiger Swami,” Chapter 14 “An Experience in Cosmic Consciousness,” Chapter 30, “The Law of Miracles,” Chapter 45 “The Bengali ‘Joy Permeated Mother’”

Light on Yoga by B.K.S. Iyengar

Read Pages 19-23, 57-60

Additional Pages Referenced in Class

*Please note that there are no set reading assignments for Light On Yoga or Yoga Anatomy (below) as they are meant to accompany the asana portion of the course and will be referenced in asana labs.

Course materials like handouts and notes can all be found and downloaded here:

<https://yogadoctors.com/usc-tt-materials>

For further personal reading materials if you are yogicly intrigued, please also consider the following supplemental books available for purchase:

Yoga Anatomy by Leslie Kaminoff (Pages Referenced in Class)

Cool Yoga Tricks by Miriam Austin

Bhagavad Gita: A New Translation by Stephen Mitchell

The Upanishads by Eknath Easwaran

The Key Muscles of Yoga by Ray Long, M.D.

The Heart of Yoga by T.K.V. Desikachar

Anatomy Trains by Thomas Myers

Raja Yoga by Swami Vivekananda

Jivamukti Yoga: Practices for Liberating Body & Soul by Sharon Gannon and David Life

Ashtanga Yoga: The Practice Manual by David Swenson

Teaching Yoga by Mark Stephens

The Kundalini Yoga Experience by Dharam Singh Khalsa and Darryl O’Keeffe

Yoga for Dummies by Georg Feuerstein Ph.D. and Larry Payne Ph.D.

Yoga as Medicine by Tim McCall, M.D.

The Seven Spiritual Laws of Success by Deepak Chopra, M.D.

Be Here Now by Ram Dass

Meditation Made Easy by Lorin Roche, Ph.D.

Bikram’s Beginning Yoga Class by Bikram Choudhury

Yogic Nutrition by Gina Nick, N.D.

Health, Healing and Beyond by T.K.V. Desikachar

Yoga Therapy And Integrative Medicine: Where Ancient Science Meets Modern Medicine by Larry Payne Ph.D., Terra Gold L.Ac., and Eden Goldman D.C.

General Guidelines For Yoga Practice

- **BYOM: Participants must bring their own Yoga mat to class!**
 - ***Arrive to class on time:*** Be 2 to 3 minutes early to make sure you have your props ready
 - ***Dress properly:*** Wear comfortable athletic clothing that allows freedom of movement and note that close-fitting athletic clothes are usually best (avoid baggy t-shirts/pants and dangly jewelry)
 - ***Props, Props, Props:*** You likely want to purchase your own props for use in practice and in teaching, including but not limited to 1 Yoga mat, 2 Yoga blocks, 1 Yoga strap, 1 bolster, and 2-4 blankets, however additional props will be provided in class, including blocks, straps, bolsters, and blankets – *please return the equipment neatly in the storage cabinets near the Yoga room after use*
 - ***Practice Yoga barefoot:*** No shoes or socks are traditionally worn during Yoga practice
 - ***Avoid practicing Yoga on a full stomach:*** Wait two hours after a meal or one hour after a light snack and no candy or chewing gum during practice
 - ***What else to bring:*** Water, a hand towel, and/or a beach towel to absorb sweat on your mat and/or to cover the props, if preferred
 - ***Report health issues and injuries: Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy – in the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you MUST inform your instructor. This will be kept STRICTLY confidential.***
 - ***Life is about showing up:*** If you are unable to practice, you are still required to attend class and observe as you can learn a lot simply by watching
 - ***Handle your responsibilities:*** Complete assignments on time
 - ***Minimize distractions and seek quietness:*** Turn off cell phones (unless using for notes during lecture)
 - ***Plan Ahead with Communication:*** Email (eden.goldman@usc.edu) is the preferred method of communication outside of class. Email will be answered within 48 hours and 72 hours over a weekend, and the workday following a holiday.
- Please use: “USC YHSX” in the subject line of the email.**
- **Absences:** Only Absences: Participants are allowed to miss up to 2 full weekends of the program and still graduate without having to do any make-up work to achieve Yoga

Alliance' required 200 hours. Absences can be split up into 2 weekends, 4 separate days, 8 half days, etc. All Wednesday Zoom classes will be recorded, and attendance will not be mandatory, but participants are required to watch the recordings asynchronously, if not in attendance live.

Class Attendance

In order to successfully graduate from the YHSX Program, participants are expected to attend all training sessions. Any absence must be approved in advance by our program director and participants cannot miss more than 2 weekends of the program without doing extra make-up work as outlined above. We provide 1 make-up session totaling 3 hours included in the price of tuition. Furthermore, for each day(s) missed the absentee may be required to submit a report (200 words or less) on any of the missed subjects and he/she/they will have the option to make up the missed segment in a subsequent USC training. We do not authorize any unexcused absences and having too many may result in the dismissal from the program, at which point, graduation would be at the sole discretion of the program director.

Tardiness/Leaving Early

Participants are encouraged to be punctual, professional and respectful in reference to the class hours listed above. People are to be on time and to stay for the duration of the class until excused by the lead instructor(s). Each person will be given one warning and after that repeated tardiness and/or skipping half days will be recorded and will result in he/she/they being deducted with one day's absence from class.

Grading Policy, Homework, Exams, And Quizzes

Our grading policy is based on a traditional pass/fail methodology and the course can be taken for no credit if preferred for any reason.

In regard to grading materials, a quiz will be given each weekend (beginning in the second week) to assist in the development of each person's knowledge and comprehension of the previous weekend's concepts and information. A minimum grade of 70% is required to pass each quiz. The lowest two quiz grades will be dropped. At the conclusion of the training, a final exam will be administered as an opportunity for each person to display his/her knowledge of the course material and competency as a Yoga instructor. This final exam/reflection paper will constitute 1/3 of your final grade. Course participants will be graded on their proficiency of Yoga philosophy topics that include but are not limited to: yamas/niyamas, meditation practices, pranayama practices, philosophy, asana names (English and Sanskrit), asanas in general, key points highlighted in class, and principles for safe sequencing and safely modifying one's Yoga practice.

Lastly, there are three mini-classes during the last month+ of the training that each participant is required to lead, whether they plan to teach or not after the program. These are graded as pass/fail based on whether they are completed and if a person does not appear to be grasping the material, he/she/they may be asked to repeat one or more of his/her/their teaching segment(s).

Classroom Conduct And Participation

Participants are expected to conduct themselves in a professional manner and to keep personal conversations to a minimum during class time. Participation in group discussions and in leading specific segments of a class when called upon is mandatory. Any public speaking fears/issues will be addressed as part of the training. Repeated use of cell phones for calls, texting, or accessing the internet during class time may result in the person being deducted with one absence from class.

Course Schedule

All sessions led by guest faculty will be ***underlined, italicized, and bolded*** (with their names in parentheses) and a * after their name, class, and time indicates they have fully confirmed their teaching date and time; Dr. Eden Goldman will lead all other sections.

WEEKEND #1: SEPTEMBER 13 – 14

Saturday: Introduction To The Yoga And The Healing Sciences Teacher Training Program, What Is Yoga?, The Role Of The Teacher, Pranayama Lab 1: The Magic, Science, And Wonder Of Pranayama, Philosophy Practicum 1: Introduction To The 8 Limbs Of Patanjali's Yoga Sutras

Sunday: Asana Practice 1: Chikitsa Vinyasa, Asana Lab 1: Simplifying Asanas, Methodology Of Teaching 1: Core Awareness, Meditation 1: Soothe Your Insides, Group Circle

Homework/Quizzes/Readings: No Homework Due Or Quizzes. Review Pranayama Notes, Meditation Notes, And Asana Lab Notes Prior To Class. All Readings For This Weekend Will Be Provided In Class.

WEDNESDAY #1: SEPTEMBER 17

Wednesday: 1st Weekend Review, Philosophy Practicum 2: The History Of Yoga, Anatomy Physiology Energetics 1, Meditation 2: Metta Meditation/Loving Kindness Practice

Homework/Quizzes/Readings: Review History of Yoga Notes And APE Notes Prior To Class.

WEEKEND #2: SEPTEMBER 20– 21

Saturday: Asana Practice 2: Chikitsa Vinyasa, Asana Lab 2: The Science And Art Of Observing The Body In Yoga Poses, Yoga and Sleep Hygiene, Meditation 3: Soothe Your Insides (Continued), Yoga Unveiled Screening and Pizza Party!

Sunday: ***Iyengar Yoga Introduction And Asana Practice 3: Iyengar Yoga (Paul Cabanis 9 AM – 12 PM*)***, Asana Lab 3: Deconstructing And Reconstructing Asanas, Group Circle, ***Philosophy Practicum 3: Classical Texts (Rob Zabel 4 PM – 6 PM*)***

Homework/Quizzes/Readings: Quiz #1 From Weekend #1 TQs. Read "OM" Article, Article On Krishnamacharya, And Paul Cabanis's Iyengar Yoga Notes. Review APE Videos, Asana Lab Notes, Meditation Notes, and Rob Zabel Philosophy Notes Prior To Class. Bring Light On Yoga And Patanjali's Yoga Sutras To Class.

WEDNESDAY #2: SEPTEMBER 24

Wednesday: Meditation 4: Mindfulness Meditation In Professional Settings (Faheem Mujahid 6 PM – 7:30 PM*), Yoga And The Sacred (Dr. Rita Sherma 7:30 PM – 9 PM)

Homework/Quizzes/Readings: Review Faheem Mujahid's Mindfulness Notes And Sara Ivanhoe's Philosophy Notes Prior To Class.

WEEKEND #3: SEPTEMBER 27 – 28

Saturday: Asana Practice 4: Chikitsa Vinyasa, Asana Lab 4: Yoga Biomechanics, Overview Top Styles Of Yoga And Different Forms Of Sun Salutations, **Restorative Yoga And Meditation 5: Yoga Nidra (Paula Tapia 3 PM – 6 PM*)**

Sunday: Asana Practice 5: Chikitsa Vinyasa, Anatomy Physiology and Energetics 2, Group Circle, **Karma Yoga And Selfless Service (Salena Collins 2:30 PM – 4 PM*)**, **Meditation 6: Introduction To Mindfulness Meditation (Dr. Allyson Pimentel 4 PM – 6 PM*)**

Homework/Quizzes/Readings: Quiz #2 From Weekend #2 TQs. Read "Styles Of Yoga" Article, Article On Sun Salutations, And Selected Yogananda Chapters From Autobiography Of A Yogi. Review APE Videos And Notes, Paula Tapia's Restorative Yoga And Yoga Nidra Notes, Salena Collins's Karma Yoga Notes, and Allyson Pimentel's Mindfulness Notes Prior To Class. Bring Light On Yoga, Autobiography Of A Yogi, And Supplemental Asana Texts To Class.

WEEKEND #4: OCTOBER 4 – 5

Saturday: Asana Practice 6: Chikitsa Vinyasa, **Asana Lab 2: Alignment (Steve Hsu 10:30 AM – 12:00 PM*)**, Philosophy Practicum 4: Pancha Maya Kosha Theory, **Elemental Yoga (Chet Alexander 3 PM – 6 PM*)**

Sunday: Asana Practice 7: Chikitsa Vinyasa, Asana Lab 5: Asana Breakdown, **Energetics And Nutrition (Terra Gold 1 PM – 3 PM*)**, Group Circle, Anatomy Physiology and Energetics 3, Pranayama Lab 2: Traditional Techniques

Homework/Quizzes/Readings: Quiz #3 from Weekend #3 TQs. Read Article On Energy Medicine And Chakras. Review Steve Hsu's Alignment Notes, Chet Alexander's Elemental Yoga Notes, Terra Gold's Energetics and Nutrition Notes, APE Notes, Asana Lab Notes, and Pranayama Notes Prior To Class. Bring Light On Yoga To Class And Supplemental Asana Texts To Class.

WEDNESDAY #3: OCTOBER 15

Wednesday: Kundalini Yoga And Humanology And Asana Practice 8: Kundalini Yoga (Dr. Guru Singh 6 PM – 9 PM)

Homework/Quizzes/Readings: No Readings, Homework Due, Or Quizzes. Review Dr. Guru Singh's Kundalini Notes Prior To Class.

WEEKEND #5: OCTOBER 18– 19

Saturday: Asana Practice 9: Chikitsa Vinyasa, Anatomy Physiology Energetics 4, Group Circle, TBA, **Introductory Sanskrit (Rob Zabel 5 PM – 6 PM*)**

Sunday: Asana Practice 10: Chikitsa Vinyasa, Asana Lab 6: Mastering Asanas, The Secret Art Of Assisting Yoga Poses 1, **Yoga And The Mind (Dr. Laura Baker 5 PM – 6 PM)**

Homework/Quizzes/Readings: Quiz #4 From Weekend #4 TQs. Review Sara Ivanhoe's Philosophy Notes, APE Videos And Notes, Terra Gold's Energetics And Nutrition Notes, Yoga Assists Notes, Pancha Maya Notes, And Jenn Guinter And Jason Nemer's Acro Yoga Notes Prior To Class. Bring Diet Logs, Light On Yoga, Supplemental Asana Texts, And Assists Notes To Class.

WEEKEND #6: OCTOBER 25 – 26

Saturday: Asana Practice 11: Chikitsa Vinyasa Group Circle, The Secret Art Of Assisting Yoga Poses 2, Group Circle, Anatomy Physiology Energetics 5, Meditation 7: Classical Techniques

Sunday: Asana Practice 12: Chikitsa Vinyasa, Asana Lab 7: Photo Assignment Discussion Pranayama Lab 3: Specialty Techniques, **Introduction To Ayurveda (Arun Deva 4 PM – 6 PM)**

Homework/Quizzes/Readings: No Quiz. Review Larry Payne's POLY and Yoga Therapy Notes, APE Videos And Notes, Pranayama Notes, And Asana Assist Notes Prior To Class. Bring Light On Yoga To Class AND Asana Photo Assignment, Which Will Be Explained In Class And By Email And Counts As A Pass/Fail Quiz.

WEDNESDAY #4: OCTOBER 29

Wednesday: **Philosophy Practicum 5: Classical Texts (Sara Ivanhoe 6 PM – 7:30 PM*)**, **Chair Yoga And Asana Practice 13: Chair Yoga (Shanna Hughes 7:30 PM – 9 PM*)**

Homework/Quizzes/Readings: Review Sanskrit Notes And Chair Yoga Notes. No Other Homework Due Or Quizzes.

WEEKEND #7: NOVEMBER 1 – 2

Saturday: Asana Practice 14: Chikitsa Vinyasa, Anatomy Physiology and Energetics 6, Yoga Asana Sequencing 1, Methodology Of Teaching 2: Teaching Tips And Active/Passive Commands For Cueing, Group Circle, Meditation 8: More Classical Techniques, **Asana Lab 8: Inversions (Andrew Sealy 4 PM – 6 PM*)**

Sunday: Asana Practice 15: Chikitsa Vinyasa, **Yoga For Special Needs (Nikka Nadia 11 AM – 12:30 PM*)**, The Secret Art Of Assisting Yoga Poses 3: Therapeutic Touch/Savasana Yogassage, **Introduction to Prime of Life Yoga And Yoga Therapy (Dr. Larry Payne 3 PM – 6 PM*)**

Homework/Quizzes/Readings: No Quiz. Review Assists Notes, Hala Khouri's Yoga For Trauma Notes, APE Videos And Notes, Teaching Tips Notes, Yoga Asana Sequencing Notes, And YHSX Set Prior To Class. Bring Light On Yoga AND Asana Recording Assignment To Class, The Latter Of Which Will Be Explained In Class And By Email And Counts As A Pass/Fail Quiz.

WEDNESDAY #5: NOVEMBER 5

Wednesday: *Yin Yoga and Asana Practice 16: Yin Yoga (Amanda Giacomini 6 PM – 7:30 PM*)*, *Classical Yoga (Stewart Gilcrest 7:30 PM – 9 PM)*

Homework/Quizzes/Readings: Review Yoga Asana Sequencing Notes Prior To Class. No Other Homework Due Or Quizzes.

WEEKEND #8: NOVEMBER 15 – 16

Saturday: Methodology of Teaching 3: Teachers Begin Teaching, *Meditation 9: Yoga Nidra (John Vosler 4 PM – 6 PM*)*

Sunday: Methodology of Teaching 4: Teachers Begin Teaching, *Bhakti Yoga/Kirtan (Govindas 10:30 AM – 1 PM*)*, Group Circle, Yoga Asana Sequencing 2

Homework/Quizzes/Readings: Quiz #5 From Weekends #5-7 TQs. Review Arun Deva's Ayurveda Notes and Yoga Asana Sequencing Notes. Bring Prepared 25-30 Minute Sequence To Class For Teaching Segment.

WEDNESDAY #6: NOVEMBER 19

Wednesday: Methodology Of Teaching 2: Introduction To The Yoga And The Healing Sciences Set, *Philosophy Practicum 4: Yoga And Spiritual Evolution (Dr. Sadhviji Bhagawati 8 PM – 9 PM)*

Homework/Quizzes/Readings: Review Yoga And The Healing Sciences Set And Videos Prior To Class.

WEEKEND #9: NOVEMBER 22 – 23

Saturday: Methodology of Teaching 5: Teachers Trainees Design and Teach Mini-Sequences, Asana Lab 7: Asana Biomechanics Post-Teaching, Assisting and Adjusting Yoga Poses 4, *Acro Yoga (Jenn Guinter And Jason Nemer 3 PM – 6 PM*)*

Sunday: Methodology of Teaching 6: Teachers Trainees Design and Teach Mini-Sequences, Group Circle, Yoga Asana Sequencing 3, Karma Yoga

Review Homework/Quizzes/Readings: No Quiz. Read Inversions Articles. Review Yoga Asana Sequencing Notes, Andrew Sealy's Inversions Notes, And Assist Notes Prior To Class. Bring Prepared 35-40 Minute Sequence To Class For Teaching Segment.

WEDNESDAY #7: DECEMBER 3

Wednesday: *The Business Of Teaching Yoga (Cathy Madeo 6 PM – 8 PM*)*, Past YHSX Graduate Panel

Homework/Quizzes/Readings: Review Cathy Madeo's Business Of Teaching Yoga Notes Prior To Class. No Other Homework Due Or Quizzes.

WEEKEND #10: DECEMBER 6 – 7

Saturday: Methodology of Teaching 7: Teacher Trainee Led Practices, **Prenatal Yoga And Teaching Yoga To Children (Desi Bartlett 3 PM – 6 PM*)**

Sunday: Methodology of Teaching 8: Teacher Trainee Led Practices, Lake Shrine Meditation Field Trip And Sunset Aarti And Yoga Beach Party!

Panel Homework/Quizzes/Readings: No Quiz. Review Desi Bartlett’s Prenatal Yoga And Teaching Yoga To Children Notes. Bring Prepared 45-50 Minute Sequence To Class For Teaching Segment AND Karma Yoga One-Page Written Assignment, Which Will Be Explained In Class And By Email And Counts As A Pass/Fail Quiz.

WEEKEND #11: DECEMBER 13 – 14

Saturday: Asana Practice 16: Chikitsa Vinyasa, Ethics of Teaching Yoga, Asana Lab 9: Common Injuries in the Yoga Room, Yoga Therapy 1, How to Teach Private Sessions

Sunday: Asana Practice 17: Chikitsa Vinyasa, Final Group Circle, Taking the Practice Home, GRADUATION AND PARTY!

Homework/Quizzes/Readings: Final Exam. Review Ethics Notes, Common Injuries Notes, And Yoga Therapy Notes Prior To Class. All Yoga Class Sheets And Karma Yoga Hours Sheets Must Be Submitted By This Weekend Along With Any Remaining Assignments Seeking Credit.

Parking At USC

For convenience purposes, a map has been provided to all USC Yoga TT participants as an attachment to the class welcome email. Just follow the ‘yellow brick road’ to the Fishbowl and park in the Royal Street Parking Lot to park on campus.

To find the Fishbowl and the Royal Street Parking Lot, enter through the McClintock/Jefferson main entrance and turn left onto 34th street, the 1st turn once you pass the guard gate. If you don’t have a parking permit, you will need to stop at the gate and buy an all-day parking pass for \$20 to park on campus. Continue on 34th street and pass the Fishbowl, which is at 835 W 34th Street, and go to the Royal Street Parking Lot at the end of the street to park. FYI if you see the aquatics center and the practice football field, then you actually missed the turn onto 34th Street. Additionally, if you prefer shorter term parking, you can enter the Optometry School parking Lot directly from Jefferson that offers 2 hour and 4 hour parking. Lastly, in the USC Village, you can park for up to 2 hours for FREE with validation from one of the stores, however the rates jump to \$5 per every 30 minutes after that with a maximum daily rate of \$30.

Academic Integrity

The University of Southern California is foremost a learning community committed to fostering successful scholars and researchers dedicated to the pursuit of knowledge and the transmission of ideas. Academic misconduct is contrary to this fundamental mission and includes any act of dishonesty in the submission of academic work (either in draft or final form), as well as cheating, plagiarism, fabrication (e.g., falsifying data), knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to

gain an unfair academic advantage. Students are expected to uphold the highest standards of academic integrity in all coursework.

This course follows the expectations for academic integrity as stated in the [USC Student Handbook](#). All students are expected to submit assignments that are original work and prepared specifically for the course/section in this academic term. Students may not submit work written by others or “recycle” work prepared for other courses without obtaining written permission from the instructor(s). Students suspected of academic misconduct will be reported to the Office of Academic Integrity.

Academic dishonesty has a far-reaching impact and is considered a serious offense against the university. Violations will result in a grade penalty, such as a failing grade on the assignment or in the course, and disciplinary action from the university, such as suspension or expulsion.

For more information about academic integrity see the [Student Handbook](#), the [Office of Academic Integrity’s website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment or what information requires citation and/or attribution.]

Policy For The Use Of AI Generators

This course aims to develop creative, analytical, and critical thinking skills. Therefore, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text, code, or other content is prohibited in this course, will be identified as plagiarism, and will be reported to the Office of Academic Integrity.

Course Content Distribution And Synchronous Session Recordings Policies

Recording a university class without the express permission of the instructor and announcement to the class, or unless conducted pursuant to an Office of Student Accessibility Services (OSAS) accommodation. Recording can inhibit free discussion in the future, and thus infringe on the academic freedom of other students as well as the instructor.

Distribution or use of notes, recordings, exams, or other intellectual property, based on university classes or lectures without the express permission of the instructor for purposes other than individual or group study is prohibited. This includes but is not limited to providing materials for distribution by services publishing course materials. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any way had been displayed for use in relation to the class, whether obtained in class, via email, on the internet, or via any other media. Distributing course material without the instructor’s permission will be presumed to be an intentional act to

facilitate or enable academic dishonesty and is strictly prohibited.

Statement On University Academic And Support Systems

Students And Disability Accommodations:

USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Student Financial Aid And Satisfactory Academic Progress:

To be eligible for certain kinds of financial aid, students are required to maintain Satisfactory Academic Progress (SAP) toward their degree objectives. Visit the Financial Aid Office webpage for undergraduate- and graduate-level SAP eligibility requirements and the appeals process.

Support Systems:

Counseling and Mental Health - (213) 740-9355 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

988 Suicide and Crisis Lifeline - 988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline consists of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

CARE-SC: Confidential Advocacy, Resources, and Education Support Center - (213) 740-9355(WELL) – 24/7/365 on call.

Confidential advocates, prevention educators, and professional counseling teams work to promote a universal culture of consent, as well as prevent and respond to sexual assault, intimate partner violence, stalking, or other relationship harm. Services available to all USC students at no cost.

Office of Civil Rights Compliance - (213) 740-5086

Information about how to get help or help someone affected by harassment, discrimination, retaliation on the basis of a protected characteristic, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

USC Report & Response - (213) 740-2500

The USC Report & Response website is the university's central reporting portal for concerns arising in the academic space or workplace. All concerns will be assessed and referred to the appropriate university office for resolution. Any questions about USC Report & Response or reporting, in general, can be referred to the Office of Professionalism and Ethics at ope@usc.edu.

USC Campus Support and Intervention - (213) 740-0411

Focuses on student success by assisting students in navigating and resolving complex issues through problem solving, presenting options, and connecting to resources.

USC Emergency Information

Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety

For 24 hour emergency assistance or to report a crime: UPC: (213) 740-4321, HSC: (323)-442-1000.

For 24 hour non-emergency assistance or information: UPC: (213) 740-6000, HSC: 323-442-1200.

Office of the Ombuds - (213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

Occupational Therapy Faculty Practice - (323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.