



RAMAPO COLLEGE OF NEW JERSEY
The Pre-College Experience Program

Yoga: Philosophy and Practice
Summer 2010 Course Syllabus 3 Credit Option

Course Information

Class Meeting Day(s): Mon-Fri., July 5-23, 2010

College Web Address: www.ramapo.edu

College Closings/Special Announcements Phone No.: (201) 236-2902

Instructor Information

Instructor: Kathleen Shannon, Adjunct Professor, Literature & Yoga Instructor

E-mail: kshannon@ramapo.edu

Office Phone: (201) 684-7407

Course Description

This course will introduce students to the philosophies of ancient India that led to the development of the practice of yoga. Yoga is more than physical postures (asana); it is a system of physical exercises, breath work, and meditation designed to help the practitioner achieve union with what the ancients called The Self. By reading texts such as the Bhagavad Gita and The Upanishads, we will become familiar with the theories that led to later writings like The Yoga Sutras of Patanjali. We will engage in short yoga practices in order to illustrate the theories described in the texts.

Course Objectives

Students in this class will become familiar with some of the sacred and secular texts of ancient India as well as contemporary commentary on yoga. Reading these texts will involve some instruction in the Sanskrit language, which some scholars say is the root of many modern Western languages. We will trace the development of various traditions of yoga, from Hatha to Bikram, sacred to secular. We will also discuss how the philosophies of India have influenced Western thought, and how ancient Indian “anatomies” have influenced modern alternative medical practices. Students will respond to our discussions with short papers using their primary sources.

Electronic Forms of Communication

In accordance with College policy, I will use your Ramapo College email address (@ramapo.edu) to communicate with you about all course-related matters. Please be sure to check that email account regularly, as I will send frequent updates, assignments, and items of interest.

Texts, Readings, Materials

Desikachar, T.K.V. *The Heart of Yoga*. Rochester, VT: Inner Traditions, 1999.

Easwaran, Eknath, trans. *The Upanishads*. Tomales, CA: Niligiri Press, 2007.

Mitchell, Steven, trans. *Bhagavad Gita*. New York: Three Rivers Press, 2002.

Raimes, Anne. *The Open Handbook*. 5th ed. Boston: Houghton-Mifflin, 2007.

Satchinananda, Swami S., trans. *The Yoga Sutras of Patanjali*. Buckingham, VA: Integral Yoga Publications, 1990.

Also required: a yoga mat or large towel.

Course Requirements

Regular class attendance and participation are required; students are responsible for reading all material assigned and covered in class. If you arrive after I have taken attendance, you cannot count on me to mark your presence. You must talk to me after class to make sure I mark you present. If you are absent or late, it is your responsibility to get in touch with a classmate for notes and assignments; then, if you have questions, see me. Absence, lateness, and unpreparedness will be considered equal infractions of this policy. That is to say, a student who is regularly late to class can lose up to 2.5 points for every lateness after the second instance.

Classroom Participation – Class participation is an essential part of your grade. You will be evaluated on how often you ask or answer questions in class, whether you appear attentive or have your eyes closed and your head on the desk, and how successfully you complete homework and in-class assignments.

Writing Assignments – Work is due at the beginning of class on the assigned date. Unless you have received an extension from me, late work will lose credit starting with the first day it is late. Unless otherwise instructed, students SHOULD NOT email papers to me. Papers will be evaluated not only on their content (what they say) but also on their grammar and style (how they say it). Any borrowed information, whether direct quotes or paraphrases, must be cited parenthetically in the MLA style. MLA format is described in *The Open Handbook*.

Examinations, Laboratory/Studio, Library Research – You should comment on the kind of examinations or assignments to be given or offer students guidance on what tasks they must accomplish to receive a passing grade.

Attendance Policy – You are allowed two absences over the course of the semester without penalty. Any absences beyond these two will result in the loss of 2.5 points from the final course grade. Absences due to illness should be documented with a doctor’s note. You must make up any work you miss due to absence. If you miss a quiz, test, or in-class assignment, you must schedule a time with me to make up that missed work.

Grading Policies

Grading Scale

A+ = 97-100	B+ = 87-89	C+ = 77-79	D = 65-69
A = 93-96	B = 83-86	C = 73-76	F = 0-64
A- = 90-92	B- = 80-82	C- = 70-72	

Grading Breakdown (Subject to Change)

Short essays (4): 10% each	Misc. homework: 10%	Reading journal: 15%
Quizzes: 10%	Final exam: 15%	Attendance/particip.: 10%

Note that class participation is a large part of your final grade: attendance, quizzes, etc.

Policy on Academic Integrity

Students are expected to read and understand Ramapo College’s academic integrity policy, which can be found in the *Ramapo College Catalog*. Members of the Ramapo College community are expected to be honest and forthright in their academic endeavors. Students who violate this policy will be referred to the Office of the Provost.