

Yoga and the Quest for Creative Freedom

Arts and Sciences 1138.xx, Freshman Seminar

1 Semester-hour Credit

Day/Time, Room TBD

Instructor: Alison Crocetta, Associate Professor, Department of Art

Office Hours: Individual Meetings are Available Upon Request

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Course Description:

Creativity is at the heart of many disciplines in the arts and sciences. Whether you intend to become a research scientist, architect, engineer, creative writer, dancer, actor, musician, visual artist or designer, it takes courage to live a life that requires one to think outside of the box and invent new creative forms and possibilities in the world. In this course, we will use the practice of yoga and related readings as a means to further cultivate the ground for a sustainable creative life.

As you begin your studies at OSU, you will be able to choose from a broad range of possible academic and professional pathways. This seminar will open a space to contemplate questions such as: How do we choose and sustain a creative life? In what ways can yogic philosophy and practices give us important tools for fueling our creativity? How do we manage the stress and anxiety associated with the pace and pressures of our daily life so that we can focus at the highest level within our chosen vocation? On a weekly basis, we will divide our time between class discussions of course readings and practicing a range of beginning yoga postures, breathing and meditation techniques in order to lay the foundation for a sustainable practice of yoga.

Special Note:

Yoga is for everybody and every body. This course is designed for beginners and does not require any previous experience with yoga!

Learning Objectives:

In this class you will:

- begin to practice yoga as a means to fuel a creative life.
- learn more about the history and concepts behind the art and science of yoga.
- consider the life path of historical figures such as Henry David Thoreau, Susan B. Anthony, Ludwig Van Beethoven and Mohandas K. Gandhi as seen through the lens of the epic story of the Bhagavad Gita.
- acquire practical yogic methods to cope with the stress and anxiety of your daily life.

Texts and Materials:

Required Texts:

- Please purchase a printed copy of Stephen Cope's book:

Cope, Stephen. *The Great Work of Your Life: A Guide for the Journey to Your True Calling*. New York: Bantam Books a division of Penguin Random House, LLC, 2012.

- I will also have you read the following articles from Internet Sources:

Macklin, Karen. "Awaken Your Inner Artist: Yoga and Creativity". Yoga International. 1 August 2013. Web. 5 May 2016.

ReShel, Azriel. "How Yoga Unlocks Creativity", Uplift. 5 January 2016. Web. 5 May 2016.

- Additional course readings will be distributed to you as PDF's via Canvas. These short readings will be selected from, *The Heart of Yoga: Developing a Personal Practice* by T. K. V. Desikachar.

Suggested Texts:

- Desikachar, T.K.V.. *The Heart of Yoga*. Rochester: Inner Traditions International, 1999.
- Iyengar, B. K. S.. *Light On Yoga*. New York, Schocken Books, Inc., 1979.

Proper Dress and Yoga Supplies:

- After the first day of class, you will be asked to provide a yoga mat, small towel and blanket that you will bring to class regularly.
- You will need to wear comfortable exercise clothing of your choice and you may want to bring a water bottle on the days that we practice yoga.

Course Policies:

• Attendance:

This class will be focused on group discussion and the practice of yoga. Therefore, attendance is required in all class meetings! However, if you are too sick to attend class, please send me an email alerting me to the fact that you will not be present in class that day.

• Class Participation: Group Discussion / Yoga Practice

Each week, we will spend one class in a group discussion about assigned course readings and one class practicing yoga postures and breathing techniques. Your preparation for these group discussions is essential to the quality of our conversations. I will be requiring you to submit a question and comment to a discussion thread on Canvas before each class, so that we can generate a very productive conversation that is driven by your concerns. On the days that we practice yoga, it is imperative that you attend class, as each yoga session will build on the last.

This approach to teaching you yoga will give you the skills and framework to continue to practice yoga on your own beyond this eight-week introduction.

Grading:

Grades in this class will be given on a Satisfactory/ Unsatisfactory basis and will be broken down based on the following percentages:

- Weekly Course Readings and Written Reading Response via Canvas: 25%
- Class participation (group discussions and exercises related to course readings): 25%
- Yoga practice (postures, breathing techniques & meditation): 50%

Academic Misconduct

It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct (http://studentlife.osu.edu/pdfs/csc_12-31-07.pdf).

Students with Disabilities

Students with disabilities that have been certified by the Office for Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office for Disability Services is located in 150 Pomerene Hall, 1760 Neil Avenue; telephone 292-3307, TDD 292-0901; <http://www.ods.ohio-state.edu/>.

Weekly Schedule:

Please Note: The following calendar may be changed at the discretion of the instructor. All calendar changes will be announced and posted in an amended syllabus on Canvas.

Many of the yoga postures and breathing techniques have Sanskrit names that have been translated in most instances below. All of the terms that have been referred to below in this weekly schedule will be clearly described during class.

WEEK ONE:		
10/17	M	<ul style="list-style-type: none"> • Welcome / Introductions • Syllabus Overview and General Course Introduction <p>Homework:</p> <p><u>Read the following for class on Monday, 10/24/16:</u></p> <ol style="list-style-type: none"> 1. <i>Yoga: Concept and Meaning</i>, pgs.5-8 (PDF on Canvas) from <i>The Heart of</i>

		<p><i>Yoga: Developing a Personal Practice</i> by T. K. V. Desikachar.</p> <p>2. <i>How Yoga Unlocks Your Creativity</i> (PDF on Canvas) an essay by Azriel ReShel</p> <p>3. <i>Awaken Your Inner Artist: Yoga and Creativity</i> (PDF on Canvas) an essay for Yoga International by Karen Macklin.</p>
10/19	W	<p>Yoga Session: <i>Learning How to Stay Grounded and Stand Tall</i></p> <ul style="list-style-type: none"> • Opening / Centering • A range of postures including Key Asana (posture): Tadasana (Mountain Pose) • Breathing Technique: Belly Breath • Closure / Savasana: Introduction to Corpse Pose
WEEK TWO:		
10/24	M	<ul style="list-style-type: none"> • Welcome / Centering • Brief Overview on the History of Yoga and the Eight Limbs of Yoga • Group Discussion on Assigned Readings from 10/17/16 <p>Homework:</p> <p><u>Read the following for class on Monday, 10/31/16:</u></p> <p>1. A Note to the Reader / Introduction / Part I: Krishna's Counsel on the Field of Battle and Chapter On: The Four Pillars of Dharma (through page 17) from <i>The Great Work of Your Life: A Guide for the Journey to Your True Calling</i> by Stephen Cope.</p>
10/26	W	<p>Yoga Session: <i>The Seat of Your Creativity</i></p> <ul style="list-style-type: none"> • Opening / Centering • A range of postures including Key Asana (posture): Deviasana (Goddess Pose) • Breathing Technique: Three Part Breath • Closure / Savasana
WEEK THREE:		
10/31	M	<ul style="list-style-type: none"> • Welcome / Centering • Group Discussion on Assigned Readings from 10/24/16 <p>Homework:</p> <p><u>Read the following for class on Monday, 11/7/16:</u></p> <p>1. Part II, The First Pillar: Look to Your Dharma (pgs. 19-24) and Chapter 3: Henry David Thoreau: Think of the Small as Large from <i>The Great Work of Your Life: A Guide for the Journey to Your True Calling</i> by Stephen Cope.</p>
11/2	W	<p>Yoga Session: <i>Finding Your Power to Manifest Creative Ideas in the World</i></p> <ul style="list-style-type: none"> • Opening / Centering

		<ul style="list-style-type: none"> • A range of postures including Key Asana (posture): Adho Mukha Savanasana (Downward Facing Dog} • Breathing Technique: Introduction to Diaphragmatic Breathing into Ujjaya Breathing • Closure / Savasana
WEEK FOUR:		
11/7	M	<ul style="list-style-type: none"> • Welcome / Centering • Group Discussion on Assigned Readings from 10/31/16 <p>Homework:</p> <p><u>Read the following for class on Monday, 11/14/16:</u></p> <p>1. Part III, The Second Pillar: Do It Full Out (pgs. 65-71) and Chapter 6: Susan B. Anthony: Unify (pgs. 89 -105) from <i>The Great Work of Your Life: A Guide for the Journey to Your True Calling</i> by Stephen Cope.</p>
11/9	W	<p>Yoga Session: <i>Opening Your Hearts to Creative Inspiration</i></p> <ul style="list-style-type: none"> • Opening / Centering • A range of postures including Key Asana (posture): Virabhadrasana I (Hero I) and Trikonasana (Triangle) • Breathing Technique: Ujjaya Breathing • Closure / Savasana
WEEK FIVE:		
11/14	M	<ul style="list-style-type: none"> • Welcome / Centering • Group Discussion on Assigned Readings from 11/7/16 <p>Homework:</p> <p><u>Read the following for class on Monday, 11/28/16:</u></p> <p>1. Part IV, The Third Pillar: Let Go of the Fruits (pgs. 65-71) and Chapter 10: Ludwig van Beethoven: Turn the Wound into Light (pgs. 179-200) from <i>The Great Work of Your Life: A Guide for the Journey to Your True Calling</i> by Stephen Cope.</p>
11/16	W	<p>Yoga Session: <i>Voicing Your Vision</i></p> <ul style="list-style-type: none"> • Opening / Centering • A range of postures including Key Asana (posture): Setubandasana (Bridge Pose) • Breathing Technique: Nadi Shodhana (without holding) • Closure / Savasana
WEEK SIX:		
11/21	M	<p>Yoga Session: <i>Learning to Trust Your Intuition in the Creative Process</i></p>

		<ul style="list-style-type: none"> • Opening / Centering • A range of postures including Key Asana (posture): Janusirshasana (Head to Knee) • Breathing Technique: Nadi Shodhana (without holding) • Closure / Savasana
11/23	W	NO CLASS: THANKSGIVING HOLIDAY
WEEK SEVEN:		
11/28	M	<ul style="list-style-type: none"> • Welcome / Centering • Group Discussion on Assigned Readings from 11/14/16 <p>Homework: <u>Read the following for class on Monday, 12/5/16:</u> 1. Part V, The Fourth Pillar: Turn it Over to God (pgs. 201-212) and Chapter 12: Mohandas K. Gandhi: Take Yourself to Zero (pgs. 232-249) from <i>The Great Work of Your Life: A Guide for the Journey to Your True Calling</i> by Stephen Cope.</p>
11/30	W	<p>Yoga Session: <i>Embracing the Mystery of Your Creative Process</i></p> <ul style="list-style-type: none"> • Opening / Centering • A range of postures including Key Asana (posture): Prasarita Padattonasana (Separate Leg Forward Fold) • Breathing Technique: Kabalabhati and Nadi Shodhana (without holding) • Closure / Savasana
WEEK EIGHT:		
12/5	M	<ul style="list-style-type: none"> • Welcome / Centering • Group Discussion on Assigned Readings from 11/28/16
12/7	W	<p>Yoga Session: <i>Finding Your Flow</i></p> <ul style="list-style-type: none"> • Opening / Centering <p>A range of postures including Key Asana (posture): TBD</p> <ul style="list-style-type: none"> • Breathing Technique: Nadi Shodhana (without holding) • Closure / Savasana
FINAL EXAM WEEK:		
TBD	TBD	<ul style="list-style-type: none"> • Final Class Gathering • Restorative Yoga or Yoga Nidra Session to help you with stress during exam week!