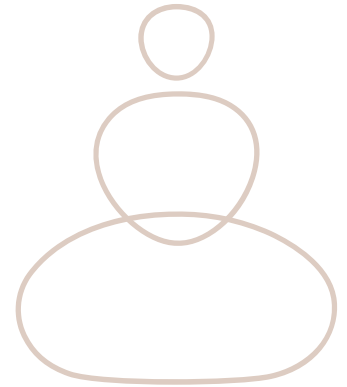


# A JOURNEY THROUGH YOGA, MINDFULNESS, & MEDITATION



**IDH2930.** Honors Uncommon Read, Spring 2023

**Class Meetings.** T5, Little, Room 117

**Instructors.** Tamar Deletis, tdeletis@ufl.edu &

Kristy Spear, Ph.D., kspear@honors.ufl.edu, Office hours T 8:30–11:30a.m.

**Reading.** "The Yoga Sutras of Patanjali"; Additional materials available in Canvas

**Objectives.** This course provides Honors students the opportunity to – develop a deeper understanding of each of the several aspects of yoga; apply themes from the text to relationships with self and the world in journal form; practice mindful awareness in daily activities as presented in course discussions; and establish meaningful connections through rich discussion & social knowledge construction.

## Schedule & Deadlines

**Jan 10** Intros and Syllabus

**Jan 17** Introspection (Due: Journal Entry 1)

**Jan 24** Defining Yoga

**Jan 31** Defining Yoga (Due: Journal Entry 2)

**Feb 7** Mindfulness (Due: Journal Entry 3)

**Feb 14** Yoga Practice (Due: Journal Entry 4)

**Feb 21** Scientific Exploration into Yoga

**Feb 28** Book 1, Sutras 1–4 (Due: Journal Entry 5)

**Mar 7** Book 1, Sutras 5–11 (Due: Journal Entry 6)

**Mar 21** Book 1, Sutras 12–15 (Due: Journal Entry 7)

**Mar 28** Book 2, Sutras 1–2 (Due: Journal Entry 8)

**Apr 4** Book 2, Sutras 3–8 (Due: Journal Entry 9)

**Apr 11** Books 3–4 (Due: Journal Entry 10)

**Apr 18** Culminating Discussion (Due: Final Entry)

**Apr 25** Course Wrap Up

## Grading

Instructions and rubrics provided in Canvas

**40%** Attendance / Participation

**50%** Journal Entries – 5 points each

**10%** Final Journal Entry

A 100–91, A– 92–90

B+ 89–87, B 86–83, B– 82–80

C+ 79–77, C 76–73, C– 72–70

D+ 69–67, D 66–63, D– 62–60

**Course Description.** Yoga, mindfulness, and meditation are practices that have been used for thousands of years. In this course, we will explore the importance of these practices as well as the history and science behind them. The course content will include weekly discussions based on The Yoga Sutras of Patanjali as well as other supplementary material. Students will engage in enriching discussions, each bringing a unique perspective on the topic, and will leave with a broad understanding of how to apply the lessons to everyday life. This course will be co-taught by a faculty member and upper-division Honors student.

**Attendance.** Attendance is required for this discussion-based course. Requirements for class attendance and assignments are consistent with university policies.

**Accommodations.** Students with disabilities who experience learning barriers should request accommodations through the Disability Resource Center. Students are encouraged to share their accommodation letter with the instructor and discuss their access needs, as early as possible in the semester.

**Course Evaluations.** Students are expected to provide feedback on the quality of instruction by completing evaluations. Evaluations are typically open during the last 2–3 weeks of the semester. Students are encouraged to share feedback about the course with the instructors throughout the semester.

**Academic Honesty.** Students are bound by the Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” You are obligated to report any condition that facilitates academic misconduct to appropriate personnel.

**Recording.** Students are allowed to record class lectures, but this course is discussion-based. The purposes for which recorded lectures may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Students may not publish recorded lectures without instructor consent. Lectures do not include student presentations, academic exercises involving solely student participation, field trips, private conversations between students or between a student and the faculty or lecturer during class. Publication without permission of the instructor is prohibited. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, on any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action.