Yoga and Mindfulness in Modern Medicine:  
*3 credit hour*  
*Spring Semester 2019*

**Instructors:**  
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**Course Description:**  
We will focus on exploring various practices within the vast field of mindfulness and yoga with the goal of gaining personal experience and understanding of how a health coach uses the modalities of mindfulness and yoga within Modern Medicine. This course is a complementary course to the evidence-based research presented in Healthy Brains, Healthy Bodies that supports mindfulness and exercise practice. The course is a direct extension of taking mindfulness and yoga research into a forum of experiential practice. It is essential that students be actively engaged in exploring, discussing and practicing both mindfulness and the various forms of yoga introduced.

**Course Goals:**  
1. Gain experience with the foundational concepts and practices within mindfulness and yoga  
2. Develop a greater understanding of mindfulness and yoga practices both for oneself and how one might aid in the understanding of these practices with others  
3. Demonstrate a personal practice of mindfulness and yoga based on experience, understanding, and practice documentation

**Course Objectives:**  
1. Detail mindfulness and yoga practices with an understanding of the purpose and technique of each suggested model  
2. Apply knowledge of mindfulness and yoga practices to one’s personal life with focus on designing a personal practice plan  
3. Use knowledge gained from identifying personal and common barriers to practice to assess and mitigate another’s barriers to practice  
4. Dissect readings and materials presented informed by your own personal practice experience to establish the benefits of intentional mindfulness and yoga practices  
5. Create a personal mindfulness and yoga practice plan for daily living  
6. Utilize the practices within mindfulness to investigate one’s own beliefs, thoughts, actions and emotions with a goal toward understanding the possible contributions of practices to personal well-being
Course pre-requisites:
- Healthy Brains, Healthy Bodies

Course Requirements
- **Attendance**: Class 1x per week (3 hours each)
- **Weekly Mindfulness and Yoga practice**: The expectation of this course is to create a mindfulness and yoga practice beyond the classroom hours. You are expected to practice yoga for 2.5 hours a week at the minimum (1 hour of this minimum needs to be an in person class), and 10 minutes of daily mindfulness. You are required to keep a journal each week. Each journal entry should be at least two pages double spaced 12 pt font, APA style. Include at least two questions to pose to the class at the end of each journal entry (these can be bullet points). I expect clearly thought out reflections on the readings, lectures, discussions as well as on your practice for that week. Please use the UVM undergraduate writing center (http://www.uvm.edu/wid/writingcenter/UWC/) if you do not feel confident in your writing abilities and want another set of eyes on your work before turning it in. JOURNALS TURNED IN PRINTED AT THE START OF EACH CLASS.
  - Each week I expect a minimum of 2.5 hours of yoga practice outside of class, **you should be practicing every day** even if just for 15 minutes (at least 1 in person class, the other 5 can be online or on your own) Please see the end of the syllabus for locations to take classes.
  - Minimum 10 minutes of meditation DAILY (these can be guided by apps, other online resources, in person classes, or on your own) Please see the end of the syllabus for recommendations on where to find guided meditations.
- **Ayurveda Essay** (DUE October 14—we do not have class this day but I do expect to receive your essays by 8:30am SENT TO THIS EMAIL: REBEKAH.PLASHA@UVM.EDU)
- **Final Sequence** (DUE LAST DAY OF CLASSES)
- **Lead Class Discussion** based on the readings (DUE on the day you are assigned)
  - presentation should be 60 minutes in length
  - pose questions to the class for discussions whether in smaller groups or the large group.
  - Have a visual component
  - Well formulated notes (to be turned in)
  - Guide a meditation for the class before the discussion begins.

Required Text/Materials:
• Journal- college-ruled, standard notebook (op) typing is also appropriate
• Yoga mat & any props for home practice
• Additional readings and videos to be posted

Grading:

• Attendance (Total 50% of final grade):
  o This course emphasizes the aspect of mindfulness and yoga practice. During class times, we will discuss content with the majority of time given to practicing yoga and mindfulness as a group, both teaching and participating.
  o Excused absences:
    • Up to two excused absences will not affect your grade. To be excused the student is required to communicate with the instructor and receive permission prior to missing class.
  o Unexcused absences:
    • For unexcused absences, your grade will be deducted by 5% for each absence. For example, if you miss:
      • 1 class, 45%
      • 2 classes, 40%
      • 3 classes, 35%
  o It is considered an unexcused absence should you leave early from class without prior approval from the instructor.

• Practice and Journals (Total 20% of final grade)
  o The expectation of this course is to create a mindfulness and yoga practice beyond the classroom hours. You are expected to practice yoga for 2.5 hours a week at the minimum (1 hour of this minimum needs to be an in person class), and 10 minutes of daily mindfulness. You are required to keep a journal each week. Each journal entry should be at least two pages double spaced 12 pt font, APA style. Include at least two questions to pose to the class at the end of each journal entry (these can be bullet points). I expect clearly thought out reflections on the readings, lectures, discussions as well as on your practice for that week. Please use the UVM undergraduate writing center (http://www.uvm.edu/wid/writingcenter/UWC/) if you do not feel confident in your writing abilities and want another set of eyes on your work before turning it in. JOURNALS TURNED IN PRINTED AT THE START OF EACH CLASS.
  o Studios and/or locations on campus where you can take yoga classes:
    • Wellness Environment CCRH or CWP yoga rooms at UVM
    • Living Well at UVM
    • Campus Recreation at Gutterson
    • Laughing River Yoga Studio
    • Sangha Studio
  ****Please have teacher at the studio sign a sheet that says you took the class, on what time and at what time.
  o Where you can do guided mindfulness:
• Ayurveda Journal Entry (10% of final grade)- DUE OCT. 14 (No class on this day, but Entry’s still must be turned in by 8:30am)  
  o Consider the readings, lecture and discussion with Dr. Dave Mcconoughay and write reflectively and reflexively on what you learned, choose a focal point from the readings or discussions and center your essay around that. This is 5 pages, 12 pt font, times new roman, double spaced, APA style. Please use UVM Undergraduate Writing Center for editing and writing help ([http://www.uvm.edu/wid/writingcenter/UWC/](http://www.uvm.edu/wid/writingcenter/UWC/))

• Final Sequence Presentation (10% of final grade)- DUE Monday December 2nd & December 9th)  
  o In groups of 2-3 put together a sequence that includes all movements of the spine, pranayama and meditation. Sequence should be 35 minutes in length, use postures and practices that feel good to you. This does not need to be a dynamic complex sequence, you only have 35 minutes, however, DO MAKE IT AUTHENTIC TO YOUR EXPERIENCE OF YOUR HOME PRACTICE. Write a script for how you will lead the postures, moving with the breath. Remember: inhale to come up, exhale to go down, inhales reach and expand, exhales relax. Included in the 35 minutes is a 5 minute description of your sequence, quickly walk us through the poses and explain why you chose them, etc. All sequences will be presented in the last two weeks of class-finals week. You will be expected to write notes complementing and constructively criticizing your classmates sequences/classes, these notes will be turned in to me at the end of class. Along with your sequence you will turn in a one page, double spaced, APA style reflection on how it was working with your group and creating the sequence itself.

• Final Journal Entry (10% of final grade)- DUE 12/9 (finals time is on 12/9 7:30-10:15am )  
  o You are expected to include detailed and comprehensive aspects from the semester’s readings, lectures, discussions, and your own practice. As always, this is a reflection journal entry which means you MUST demonstrate that
you know the material from the course, think critically and reflexively. Use the UVM undergraduate writing center for support in editing and writing as needed (http://www.uvm.edu/wid/writingcenter/). 6-8 pages APA style.

- Grades
  - A+ > 99%
  - A = 92 to 98.9%
  - A- = 90 to 91.9%
  - B+ = 87 to 89.9%
  - B = 82 to 86.9%
  - B- = 80 to 81.9%
  - C+ = 77 to 79.9%
  - C = 72 to 76.9%
  - C- = 70 to 71.9%
  - D+ = 67 to 69.9%
  - D = 62 to 66.9%
  - D- = 60 to 61.9%
  - F < 60%

The readings in the week-by-week schedule listed below are posted on the course site. You are expected to have completed the required readings prior to the following weeks class. If readings are posted on September 5, that means they are due September 12.

**WEEK ONE—August 26th**

Welcome! Health Coaching in Modern Medicine: Yoga and Mindfulness

Dewdrops on a blade of grass,
Having so little time
Before the sun rises;
Let not the autumn wind
Blow so quickly on the field

*Zen Master Dogen*

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

*Thomas Merton*

**Homework:**

- **buy supplies** (yoga mat, any props you may want, books, start exploring mindfulness apps and yoga classes—find an in person class you can take each week and an online yoga subscription or classes)
• Begin your WEEKLY PRACTICE. See Above in the syllabus for details on this.


WEEK TWO - September 2nd- NO CLASS : Labor Day

WEEK THREE—September 9th

Basic Yoga Postures & 5 Movements of the Spine

Do not use your mind to overcome by force: you must fit into the ancient grooves naturally.

_Hermit of Lotus Flower Peak_

Be soft in your practice, think of the method as a fine silvery stream, not a raging waterfall. Follow the stream, have faith in its course. It will go on its way, meandering here, trickling there. It will find the grooves, the cracks, the crevices. Just follow it. Never let it out of your sight. It will take you there.

BE SOFT IN YOUR PRACTICE Sheng-yen

Homework Due Today:

• Tias Little “Awakening Beginners Mind”
• **Reading:** “How Yoga Works” Chapters 1-7
• “Yoga to Soothe the Spirit” with Judith Hanson Lasater

WEEK FOUR—September 16th LYDIA

Study of Yoga Postures

Calmness of mind does not mean you should stop activity. Real calmness should be found in activity itself. We say, “It is easy to have calmness in inactivity, it is hard to have calmness in activity, but calmness in activity is true calmness.”

_Shunryu Suzuki_

Homework:
COMU 196

• **Reading:** “How Yoga Works” Chapters 8-15
• **Watch:** Jessamyn Stanley “Every Body Yoga”

**WEEK FIVE—September 23rd LILY**

**Pranayama**

We do not slight the idea of enlightenment, but the most important thing is this moment, not some day in the future. We have to make our effort in this moment. This is the most important thing for our practice.

*Zen Mind/Beginner’s Mind*

**Homework:**

• **Reading:** “How Yoga Works” Chapters 16-24
• [https://www.ayurveda.com/videostream](https://www.ayurveda.com/videostream) click 2019, scroll down to “Top Secrets of Pranayama: An Ancient Art of Blissful Living”
• [https://www.ayurveda.com/videostream](https://www.ayurveda.com/videostream) click 2018, scroll down to “Pranayama: Breath Control for Balance and Longevity”
• Max Strom Ted Talk

**WEEK SIX—September 30th BEE**

**Mindfulness: One thing at a time**

The contemplative life must provide an area, a space of liberty, of silence, in which possibilities are allowed to surface and new choices—beyond routine choices—become manifest. It should create a new experience of time, not as a stopgap, stillness, but as “temps verge”—not a blank to be filled or an untouched space to be conquered or violated, but a space which can enjoy its own potentialities and hopes—and its own presence to itself. One’s own time. But not dominated by ego and its demands. Hence open to others—compassionate time…

*THE OTHER SIDE OF THE MOUNTAIN* Thomas Merton

**Homework Due Today:**

• **Reading:** “How Yoga Works” Chapters 25-30
• Thich Nhat Hanh Guided Meditation

**WEEK SEVEN—October 7th**
Ayurveda: Overview as it relates to physical and mental health, offering practical tools and resources to help maintain and increase physical/mental well-being

With empty hands
I take hold of the plow

_Mahasattva Fu_

Homework Due Today:

- “Intro to Ayurveda” by Dr. Vasant Lad
- “What do you Feel? Ayurveda & Becoming the Poet of Yourself” by Matthew Remski
- “Love our Body Type The Ayurveda Way” by Maya Tiwari (first three sections, 12 pages)

**WEEK EIGHT—October 14 (no class)**

The Science of Yoga: Ayurveda Introduction

Living without certainty or guarantees,
Being fully with what is happening right now,
Is living in the flow itself.
Living this way ensures that we will not break
But will bend
Like the graceful willow
As inevitable change occurs.

_Swami Ma_

Homework Due Today:

- Ayurveda Essay Due at 8:30am

**WEEK NINE—October 21 CASSI**

Restorative Yoga

Our mind originally does not dwell anywhere but because it comes into contact with various realms, the mind gives birth to thoughts, unaware that such contact and such realms are empty. It considers the things of the world as real and focuses on these realms. It is like a monkey trying to grab the moon or like eyes with cataracts that see flowers. All things are produced by the mind. To realize one’s true nature, is not to be attached to anything. The mind not attached to
anything is prajna.

Li Wen-Hui

Homework Due Today:

- **Reading:** “How Yoga Works” Chapters 31-35
- “Trauma in the Body: Interview with Dr. Bessel Van Der Kolk

**WEEK TEN—October 28 SAMERA**

Mindfulness is to allow things to speak for themselves, without first interrupting.

*Theravadin Saying*

Homework Due Today:

- **Reading:** “How Yoga Works” Chapters 36-39
- "Peter Levine on Somatic Experiencing: A Mind-Body Approach to Healing”

**WEEK ELEVEN—November 4 ALI**

**Being an Empath: How to Care for Yourself While Caring for Others**

With a spray of flowers, a bit of water, one evokes the vastness of rivers and mountains.

*Ikenoho Sen’o, Master of Flower Arranging*

Homework Due Today:

- **Reading:** “How Yoga Works” Chapters 40-45
- Gabor Mate “Caring for ourselves while caring for others”

**WEEK TWELVE—November 11 CAROLYN**

Where the wind goes, the grass bends.

*Zen Saying*

Homework Due Today:

- **Reading:** “How Yoga Works” Chapters 46-48 (end of book)

**WEEK THIRTEEN—November 18 LUCY & AMY**

Creating a Sequence for Self
When we practice our mind always follows our breathing. When we inhale, the air comes into the inner world. When we exhale the air goes out to the outer world. The inner world is limitless, the outer world is also limitless. We say “inner world” or “outer world” but actually there is just one whole world.

ZEN MIND/BEGINNER’S MIND Shunryu Suzuki

Homework Due Today:
TBD - Check blackboard

WEEK FOURTEEN—November 25 (No class, happy Thanksgiving)

Prep on Final Sequence

WEEK FIFTEEN—December 2

• First set of final sequence presentations

WEEK SIXTEEN—December 9 (Finals block 7:30-10:15am)

• Second set of final sequence presentations

Office Hours;
Available by appointment
1 South Prospect Street
Arnold 5, Room

More Policies:

• **Student Learning Accommodations**: In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact ACCESS, the office of Disability Services on campus. ACCESS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations via an accommodation letter to faculty with approved accommodations as early as possible each semester. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course.

Contact ACCESS: A170 Living/Learning Center; 802-656-7753; access@uvm.edu; www.uvm.edu/access
UVM’s policy on disability certification and student support: www.uvm.edu/~uvmppg/ppg/student/disability.pdf

**Religious Holidays:** Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.

**Academic Integrity:** The policy addresses plagiarism, fabrication, collusion, and cheating. http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf

**Grade Appeals:** If you would like to contest a grade, please follow the procedures outlined in this policy: http://www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf

**Grading:** For information on grading and GPA calculation, go to www.uvm.edu/academics/catalogue and click on Policies for an A-Z listing.

**Code of Student Rights and Responsibilities:** www.uvm.edu/~uvmppg/ppg/student/studentcode.pdf

**FERPA Rights Disclosure:** The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974. http://www.uvm.edu/~uvmppg/ppg/student/ferpa.pdf

**Promoting Health & Safety:** The University of Vermont's number one priority is to support a healthy and safe community:

- **Center for Health and Wellbeing** http://www.uvm.edu/~chwb/

- **Counseling & Psychiatry Services (CAPS)** Phone: (802) 656-3340  
  **C.A.R.E.** If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at http://www.uvm.edu/~dos/

**Statement on Alcohol and Cannabis in the Academic Environment**
As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. It is my expectation that you will do everything you can to optimize your learning and to fully participate in this course.

In addition, alcohol and cannabis can:
• Cause issues with attention, memory and concentration
• Negatively impact the quality of how information is processed and ultimately stored
• Affect sleep patterns, which interferes with long-term memory formation