

# Syllabus

Yoga and Meditation [THR 490 001]

Wednesdays 10:30-11:20 [TheaterSpace, PAB 101]

Ken Elston

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Office Hours: Tuesdays, Wednesday and Thursdays, in general, I will be in my office between 9:30am and 10:15am. Other times are available to you by appointment. I will answer emails and phone messages in as timely a manner as possible.

**Text:** *None*

Academic Calendar to be Aware Of:

January 31 – Last day to drop for free

January 31 – Last day to add

February 24 – Last day to drop *period*

March 12 – 18 – Spring Break

May 5 – Last day of class

## **Course Objectives:**

This class is intended as an introduction to yoga and meditation as life-skills for the theater professional.

- As part of preparing Theater students for success in the profession, this class is meant to introduce practices that take years to master but can offer immediate benefit.

All academic programs at Mason (including the General Education Program) have student-learning outcomes that are assessed periodically. Your work from this course may be selected for use in such an assessment. Your anonymity is assured and your grade will not be affected. At any time, you may contact the Office of Institutional Assessment ([assessment@gmu.edu](mailto:assessment@gmu.edu)) with questions, concerns and comments about the use of your work.

## **Course Overview:**

We will meet Tuesdays. With a minimum of talking {save instruction and questions} we will engage in yoga and meditation.

**Attend; Participate; Engage; Focus** [and let others do the same]

## **Course Guidelines:**

The material covered in this course necessitates your active and open participation.

- Attitude will be considered as part of your participation.
- The experiences are learning tools.
- Exercises build upon each other and vocabulary is built sequentially.
- You must be in class.

Communication and trust is important to the collaborative process. You will be removed from class if you impair either. Such removal will be counted as an absence from class, and persistent problems could result in permanent dismissal- leaving you responsible for any university costs with whatever grade accumulated to that point. You will be expected to conduct yourself in a mature and professional manner. Treating each other with consideration is of paramount importance in this class. Physical and emotional limits may be explored in this class. Class explorations and discoveries and challenges should be treated with confidentiality and mutual respect.

You are responsible for practice outside of class.

I will grade you holistically. **Arrive focused and ready to work in each class.**

### **Grading Standards:**

Be in class and do your best.

Attendance is expected and your grade will be lowered as a result of absence. Each absence lowers your grade approximately five percent (5%) or half a single letter grade. Two late arrivals equal one absence.

### **ETHICS, UNIVERSITY POLICIES, HONOR CODE:**

*As a courtesy to others in the class, and in accordance with George Mason University policy, please turn off all beepers, cellular telephones and other wireless communication devices at the start of class. Also, please refrain from using Instant Messenger or email during class.*

### **Copyright Law**

Each student is individually responsible for his or her own work on assignments and creative projects. A willingness to learn from and share ideas with other students is important and equally important is that students do their own work. The use of other artists' images, videos, sounds, music is allowed as long as the images and textures fall within fair use as defined by copyright law. Students should always cite their sources. Try to use original source material as often as possible.

### **Honor Code**

The Honor Code, as stated in the George Mason University Undergraduate Catalog, binds students in this class. The honor code requires that the work you do as an individual be the product of your own individual synthesis or integration of ideas. As a university faculty member, I have an obligation to refer the names of students who may have violated the Honor Code to the Student Honor Council, which treats such cases very seriously.

Using someone else's words, ideas, music or art without giving them credit is plagiarism, a very serious Honor Code offense. It is very important to understand how to prevent committing plagiarism when using material from a source. No grade is important enough to justify cheating, for which there are serious consequences. If you feel unusual pressure about your grade in this or any other course, please talk to me or to a member of the Counseling Center staff.

**GRADING:**

Letter grades will be assigned based on the George Mason University undergraduate grading system where a letter grade of “A” is equal to 4.00 grade points, “A-” equals 3.67 grade points, etc. See the Academic Policies section of the *University Catalog* (available online at [www.gmu.edu](http://www.gmu.edu)) for more information.

All communications regarding this course are to occur using GMU email accounts.

**Honor Code, Copyright, & Computing Policies:** *To promote a stronger sense of mutual responsibility, respect, trust, and fairness among all members of the George Mason University community and with the desire for greater academic and personal achievement, we, the student members of the university community, have set forth this honor code:* Student members of the George Mason University community pledge not to cheat, plagiarize, steal, or lie in matters related to academic work.

You are expected to adhere to all University policies and guidelines during your participation in this course. All work must be your own. Inappropriate use of the work of others is a George Mason University Honor Code violation. Please review the University’s website for information on the following: Honor Code and Judicial Procedures; Copyright/Fair Use; and Responsible Use of Computing.

**If you are a student with a disability and you need academic accommodations** please see me and contact the Disability Resource Center (DRC) at 703.993.2474. All academic accommodations must be arranged through that office. Students must inform the instructor at the beginning of the semester, and the specific accommodation will be arranged through the Disability Resource Center.

**Writing Center:** Students who are in need of intensive help with grammar, structure or mechanics in their writing should make use of the services of the Writing Center, located in Robinson A116 (703-993-1200). The services of the Writing Center are available by appointment, online and, occasionally, on a walk-in basis.

**Other GMU resources:** <http://www.gmu.edu/departments/freshman/resources.html>

University Policies: University Catalog can be accessed [catalog.gmu.edu](http://catalog.gmu.edu)

University Libraries “ Ask a Librarian” <http://library.gmu.edu/mudge/IM/IMRef.html>

Counseling and Psychological Services (CAPS) [caps.gmu.edu](http://caps.gmu.edu) or (703) 993-2380

**It is not possible to receive an incomplete grade in this class.** If you anticipate difficulty in completing this course see your instructor immediately to discuss your options.

**You are encourage to sign up for the Mason Alert System** by visiting the website <https://alert.gmu.edu>. An emergency poster exists in each classroom explaining what to do in the event of crises and that further information about emergency procedures exists on <http://www.gmu.edu/service/cert>.

**NOTE:** Cell phones, pagers and alarms must be turned off in class. Exceptions will only be made in advance and for emergencies and never during recording.