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2017

## Yoga and Creativity Course Outline

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### Recommended Citation

Montenegro, Jennifer; Musto, Jennifer Lynn; and Dailey, Melissa, "Yoga and Creativity Course Outline" (2017). *Course Outlines*. 6.

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## Yoga and Creativity

### COURSE OUTLINE

**DATE:** April 7- June 9, 2017 (Spring Session)

**SITE:** CIW, Old Chapel

**TEACHING ARTIST:** Jennifer Montenegro

**CLASS TITLE:** Yoga and Creativity

**TEACHING TEAM:** Jennifer Musto (yoga volunteer) Melissa Daily (student intern)

### New Class

#### OVERVIEW OF CLASS

This is a hybrid class with Yoga and Art- each class session will focus on the posture practice in yoga (asanas), breath techniques (pranayama), and the cultural history of yoga. We will introduce mindfulness, meditation, and creativity through art projects- including creative writing, drawing, painting, mix-media, and group collaborations. Participants will learn to discuss and communicate about theirs and others work in respectful and constructive critiques. The goal of the class is for participants to enhance their creativity through yoga practices and incorporate these tools in their daily lives. This class is for anyone new to yoga and art or who would like to deepen their practice and creativity.

#### ESSENTIAL QUESTION/THEME

How can yoga enhance creativity?

How can we bring mindfulness and creativity into our daily lives?

#### STUDENT LEARNING OUTCOMES

Students will learn and practice basic yoga postures.

Students will gain an understanding of the fundamentals of meditation and breathing and apply these in practice sessions.

Students will reflect on and discuss.

Students will learn new art techniques and apply them in the creation of original artwork.

Students will complete reflective writing about their experience.

#### MATERIALS

Yoga Mats

Basic art supplies and writing paper and pencils

### **Week 1: Orientation**

Class/program introduction

Class registration

### **Week 2: Introduction to Yoga**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 3: Sun Salutations**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 4: Tree Pose and Self**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 5: The Story of Ganesha**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 6: Full Moon & Watercolor**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 7: Yantras**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 8: New Moon- Ritual**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 9- Ephemeral Mandala**

Yoga Practice

Yoga Talk/Meditation

Art Project

### **Week 10: Certificate Ceremony**