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DANC 461: Sr. Thesis Project

**200-Hour Teacher Training Program:
*Yoga and the Healing Sciences***

Ena Kirima

Mentors:

Professor Judy Scalin

Terra Gold, L.Ac., D.O.M., E-RYT500

Eden Goldman, D.C., E-RYT500

In partial fulfillment of
The Bachelor of Arts Degree in Dance
Loyola Marymount University
May 9, 2014

Table of Contents

I.	RESUMES and HEADSHOT	Pg. 1 - 5
	A. Yoga Resume	2
	B. Dance Resume	3
	C. Educational/Job Resume	4
	D. Headshot	5
II.	THE SENIOR THESIS PROJECT	6 - 13
	A. Project Description	7 - 8
	B. Course Syllabus	9 - 11
	C. Future Plans with Training	12
	D. Official Certificate	13
III.	DANCE PERSPECTIVE ESSAY and COURSE REPLECTIONS	14 - 33
	A. Dance Perspective Essay	15 - 25
	B. Reflections – Course Summaries	26 - 33
IV.	AESTHETIC STATEMENT	34 - 39
V.	MOVING TO A CITY	40 - 43
VI.	APPENDICIES	44 - 46
	A. Photos of Yoga Postures	45
	B. CPR Certification	46

THE
SENIOR THESIS
PROJECT

Project description

As graduation approaches, I was feeling both excitement and nervousness about entering the “real world.” With all the emotions I was going through, doing a certification thesis sounded like a good idea because I thought with this under my belt, I could potentially have or get a job after graduation. Even though that was one of the main reasons why I chose this type of thesis, it was also because getting certified in yoga truly sounded the most intriguing to me. Needless to say, I am beyond thrilled that I was able to do what only made me a better person. I had been pondering a lot about my plans after graduation and how I’m going to make a good use of the dance degree. I came to the conclusion to use my college years to the fullest and take the first semester of senior year to deepen my experience in something relatable to dance, body, anatomy, and get certified to become a yoga instructor. Yoga has been a part of my life for years and it has always been something I was curious about. I didn’t know much about the history or the spiritual side of yoga so I thought this, as my senior thesis, would be a good place and time start to my journey. I wanted to learn how the continuous practice of yoga changes or affects the human body and mind. Coming from a person who loves going to the gym everyday, I thought yoga could potentially become another way for me to exercise but with the added benefit of feeling happy, calm, and settled afterwards. I had heard from a friend, who previously got certified, that Loyola Marymount University’s extension program has one of the greatest yoga teacher training in Los Angeles. After doing some research, I knew that this *Yoga and the Healing Sciences* program at LMU was the perfect program for me. Compared to other programs, I

liked their philosophy of teaching. It was very clear that we, as students, would be exposed to all different types of yoga and not limited to what the directors wanted us to learn. They brought in many amazing teachers from all across the country for the students to understand that there are so many ways to do and teach yoga. So through this teacher training program, I was able to learn all of the postures, breathing patterns, exercises, how to prevent injuries or deal with pregnancy while doing yoga, and many more other questions I had about yoga. Also by making this my senior thesis, I got the opportunity to research and write about the effects of yoga on human bodies and minds. This was the most beneficial paper I have ever written in my college years because it was something I was truly passionate and wanted to learn more about. Being a student, life gets very hectic with busy schedules so I wanted yoga to heal my body and the fast moving mind that I have. After a year of consistent practice, I can see a transformation of my body and also feel a sense of happiness and lightness in my mind.

Course Syllabus

Following the guidelines outlined by Yoga Alliance for registered 200-hour teacher training programs, this course at LMU will offer prospective teachers and students the opportunity to deepen their understanding of the fundamental and advanced concepts of Yoga through an immersion into the classical and modern forms of Yoga. Featuring 15-20 of the top yoga masters in the L.A. area brought into the program as guest faculty, all 4 yogic paths, Jnana [knowledge], Bhakti [devotion], Karma [service] and Raja [the royal path] will be introduced and thoroughly discussed with a special emphasis being placed on Raja and Hatha Yoga. Through this course, students will be exposed to 6 of the most popular styles of Hatha Yoga (Ashtanga, Iyengar, Himalayan Institute, Kundalini, Power and Chikitsa Vinyasa) as well as various other forms of Raja Yoga practice including meditation, chanting, pranayama, Yoga philosophy, sequencing, anatomy, asana assists, east-west nutrition, Ayurveda, energetics, Yoga therapy and the art of teaching both private and group classes. All graduates of the program will be certified to teach by both Loyola Marymount University and Yoga Doctors, Inc. at the 200-hour level. The training is intended to provide each student with the knowledge, confidence, broad-based understanding and personal sadhana that is required of a qualified Yoga instructor, whether they plan to teach or not. (Taken off of <http://academics.lmu.edu/extension/programs/yogahealing/> and <http://yogadoctors.com>)

Faculty:

Lead Instructors: Terra Gold, L.Ac., D.O.M., E-RYT and Eden Goldman, D.C., E-RYT.
Guest Instructors: Chris Chapple Ph.D., Larry Payne Ph.D., Erich Schiffman, Bryan Kest, Guru Singh D.D., Luke Ketterhagen, Govindas, Arun Deva D.Asc., Paul Cabanis, Reverend Tom Kelly, Lorin Roche Ph.D., Maria Vilella, Gita and Sujay Desai, Pawan Johar, Sifu Matthew Cohen, Beth Sternlieb, Hala Khouri M.A., Robert Birnberg, Ricky Tran, Gayatri Devi, John Casey Ph.D.

Course Schedule/Table of Contents:

WEEKEND #1 (AUG. 9 – AUG. 11)

Friday: Introduction to Yoga and the Healing Sciences Teacher Training Program, What is Yoga? Saturday: Asana Practice 1: Yoga Doctors, The Role of the Teacher, Anatomy Physiology And Energetics 1, Philosophy Practicum 1: Patanjali's Yoga Sutras (Robert Birnberg). Sunday: Asana Practice 2: Yoga Doctors, Methodology of Teaching 1: Simplifying Asanas, Meditation/Pranyama/Kriyas 1 (Beth Sternlieb)

WEEKEND #2 (AUG. 16 – AUG. 18)

Friday: "Yoga Unveiled" screening and Q&A with the movie's director (Gita and Sujay Desai). Saturday: Asana Practice 3: Yoga Doctors, Raja Yoga: The Classical System (Rev. Tom Kelly). Sunday: Iyengar Yoga Introduction and Practice (Paul Cabanis), Asana Practice 4: Iyengar Yoga (Paul Cabanis), Posture Clinic 1: The Science and Art of Observing the Body in Yoga Poses, Group Circle

WEEKEND #3 (AUG. 30 – SEPT. 1)

Friday: Energetic Anatomy 1: Meridian Theory and Eastern Medicine.
Saturday: Ashtanga Yoga Introduction and Practice (Maria Vilella), Asana Practice 5: Ashtanga Yoga (Maria Vilella), Group Circle, Philosophy Practicum 2: The Bhagavad Gita (Chris Chapple). Sunday: Qi Gong/Tai Chi (Sifu Matthew Cohen), Overview Styles of Yoga, Traditional Vedic Chanting (Gayatri Devi)

WEEKEND #4 (SEPT. 20 – SEPT. 22)

Friday: Philosophy Practicum 3: The Ramayana (Pawan Johar).
Saturday: Power Yoga Introduction and Practice (Bryan Kest), Asana Practice 6: Power Yoga (Bryan Kest), Posture Clinic 2: Yoga Biomechanics, Group Circle.
Sunday: Asana Practice 7: Yoga Doctors, Anatomy Physiology and Energetics 2, Yoga Nutrition

WEEKEND #5 (SEPT. 27 – SEPT. 29)

Friday: Pranayama with Eden and Terra, Bhakti Yoga/Kirtan 2 (Govindas).
Saturday: Asana Practice 8: Freeform Yoga/Satsang/Meditation (Erich Schiffman),
LMU Yoga Studies MA Launch Festivities. Sunday: Posture Clinic 3: Asana
Breakdown, Assisting and Adjusting Yoga Poses 1, Group Circle

WEEKEND #6 (OCT. 11 – OCT. 13)

Friday: Introduction of Yoga Doctors Set. Saturday: Himalayan Yoga Institute
Introduction and Practice (Luke Ketterhagen), Asana Practice 9: Himalayan Yoga
Institute (Luke Ketterhagen), Introductory Sanskrit and Tibetan Bowls (John Casey).
Sunday: Kundalini Yoga Introduction and Practice (Guru Singh), Asana Practice 10:
Kundalini Yoga (Guru Singh), Anatomy Physiology and Energetics 3, Group Circle

WEEKEND #7 (OCT. 18 – OCT. 20)

Friday: Assisting and Adjusting Yoga Poses 2, Therapeutic Touch/Yogassage.
Saturday: Asana Practice 11: Yoga Doctors, Methodology of Teaching 2: Teachers
Begin Teaching, Sequencing Classes 1. Sunday: Mastering Inversions (Ricky Tran),
Anatomy Physiology and Energetics 4, Group Circle

WEEKEND #8 (NOV. 8 – NOV. 10)

Friday: Yoga and Ayurveda (Arun Deva). Saturday: Asana Practice 12: Yoga Doctors,
Assisting and Adjusting Yoga Poses 3, Prenatal Yoga/Teaching Yoga to Children
(Hala Khouri). Sunday: Methodology of Teaching 3: Teacher Trainees Design &
Teach Mini-Sequences, Posture Clinic 4: Mastering Asanas, Group Circle

WEEKEND #9 (NOV. 15 – NOV. 17)

Friday: Posture Clinic 5: Common Injuries in the Yoga Room, Anatomy Physiology
and Energetics 5. Saturday: Asana Practice 13: Yoga Doctors (Teacher Trainee Led
Practices), Yoga for Mid-life (Larry Payne). Sunday: Karma Yoga Check-In, Group
Circle, Meditation/Pranayama/Kriyas 2 (Lorin Roche)

WEEKEND #10 (NOV. 22 – NOV. 24)

Friday: The Business of Teaching Yoga, LMU Past Graduates Panel (Past Grads).
Saturday: How to Teach Private Sessions 1, Ethics of Teaching Yoga, Yoga Therapy 1.
Sunday: Asana Practice 14: Yoga Doctors, Group Circle, Taking the Practice Home,
GRADUATION AND PARTY!

Future plans with this training

I am currently teaching at LA Fitness in Los Angeles. I am so thankful to have gotten a great training that prepared and lead me into a successful first audition. I plan on applying to other gyms as well because I absolutely love the environment gyms give off. The energy, sound, and seeing other people working hard for themselves only motivates me to challenge myself more. I also really respect the people who come into yoga as another form of workout because I recognize their work ethic in class. All the students are focused and I can feel their positive energy. Each class I learn something new about myself, the way I describe the poses, and how helpful I am being for my students. I make sure that I watch the class thoroughly and give them something challenging but not up to a point where they could hurt themselves. I always give moderations or options in certain poses and I feel that the *Yoga and the Healing Sciences* program taught me how to be smart in a big class setting.

After graduation, I also plan on becoming personal trainer. I want to gain more knowledge about the body, muscles, and what it takes to be a trainer. My hope is that I can help people realize how amazing their bodies are through workouts at the gym *and* yoga. My dream is to one day create different postures or sequences in yoga and establish my own unique style to teach others. I have always said I want a job or do something that has to do with the body and movement. Thanks to the yoga certification program, I have found a clear path upon graduation and I feel so lucky to be able to go deepen my experience in what I am truly passionate about.

The effects of yoga on mental health

Ena Kirima

Danc 459 - 461

Professor Scalin & Smiarowski

13 December 2013

Many citizens in the United States are finding it harder to live life freely as they try to fit in both family time and work everyday. Stressing over school, jobs, chores, and family events are all part of the inevitable daily life activities for human beings, but sometimes what we love doing the most can hurt us. According to *The Economic Burden of Anxiety Disorders*,¹ a study commissioned by Anxiety and Depression Association of America (ADAA), anxiety is the most common mental illness in the United States, affecting at least 40 million people at the age of eighteen or older with feelings of worry, unease, nervousness, and panic. Anxiety disorder costs more than a total of \$42 billion a year in the United States, which is one third of the entire mental health bill for the year. Taking medications and/or going through therapy sessions usually cures this disorder but the statistics show that one-third of the population does not seek help, which only intensifies the problem because having anxiety leads to depression. Affecting at least one in every ten Americans, depression is a disorder that causes one to feel at their lowest and unworthy for long periods of time. *Health Line Research*² writer, Stephanie Farls, and researcher, George Krucik, states that the number of depressed people has been growing by twenty percent each year. Furthermore, because this particular disorder can pass onto other symptoms such as obesity, heart disease, and even stroke, it is important to cure depression, as well as anxiety. Many patients find that the hardest part to these disorders is admitting to or taking medications for it. So this is where researchers in science and the health field come into play because they found yoga as an alternative therapeutic recovery method. Anxiety and depression affect many things such as personality, daily activities, genetics, and brain functions, but it has been scientifically proven that yoga can help relieve the disorders.

“Yoga is an ancient Indian system of philosophy designed to bring balance and health to the physical, mental and emotional dimensions of the individual,”³ state the researchers of

Consciousness and Cognition science journal. Originated in India, yoga is a study of eastern religions, particularly Hinduism and Buddhism. It allows one to see the highest consciousness of life by practicing meditation, karmic activity, and the postures itself. People who practice yoga for a living, also known as yogis, are highly praised in India and some have proven to live up to almost two hundred years old. That statement itself shows that yoga does in fact keep the body and soul healthy by feeding nutrients for longevity. Depending on the style of yoga, classes can include breathing exercises to control how much oxygen goes into the body, quieting the mind through meditation, chanting mantras to change the cosmological energy around human beings, and doing the postures, also known as asanas, to achieve not just spiritual but muscular benefits within the body as well. In 2011, researchers Ankad, Herur, Patil, Shashikala and Chinagudi stated that, "Studies comparing the effects of yoga and conventional physical exercise seem to indicate that, in both healthy and unhealthy subjects, yoga may be as effective, or even better than, exercise at improving a variety of health-related outcome measures,"⁴ with such health issues as anxiety and depression. The inevitable attachments toward negative thoughts are what cause stress and disorders which will not help anyone. So the purpose of yoga here is to get rid of the toxins in people's bodies in order to obtain the highest state of consciousness and see the purity in oneself.

A study called *Improvement in physiological and psychological parameters after 6 months of yoga practice*⁵ by K.K.F. Rocha, A.M. Ribeiro, K.C.F. Rocha, M.B.C. Sousa, F.S. Albuquerque, S. Ribeiro, and R.H. Silva, was done to test the effects of yoga on human bodies. This study included thirty-six men from the Brazilian army between the ages of twenty and forty. The control group consisted of nineteen out of thirty six men who were instructed to only do physical exercises at the gym four times a week for an hour each. In the experimental group were

seventeen men who were given instructions to take two yoga classes *and* two physical exercises at the gym per week, also for an hour each, for six months. The yoga classes consisted of pranayama (breathing), asanas (postures), and meditation exercises. To reduce the placebo effect, researchers eliminated individuals with previous yoga experience because they wanted people who were naive to yoga to dive into the culture with no previous judgment or experience.

All thirty-six men were directed to take the Beck Depression Inventory (BDI) as well as Beck Anxiety Inventory (BAI) and the Lipp Stress Symptom Inventory (LSSI) at the beginning of the six month research and also at the end. At the very beginning, results from the BDI showed that most individuals from both groups had at least minimum depression and thirty percent of them already had slightly higher presence of depression. But by the end of the six month experiment, results showed that the group of men who did yoga had significantly lower depression scores compared to the control group whose depression percentage did not decrease. The BAI showed another difference between the beginning and after the six months of doing or not doing yoga. Men who did yoga showed decrease in the percentage of anxiety, but for the control group, their percentage of anxiety actually increased. And for the LSSI results, the stress level from men who did yoga had decreased from the “resistance” stage and no more stress symptoms were found. Though for the control group, seventy-nine percent of them were still in the “resistance” or now even in the “exhaustion” stages. As a result, it is clear that yoga does have positive effects toward anxiety and depression after six months of committing oneself to practice regularly.

Another study that has been done to prove the effectiveness of yoga is called *Participation in a 10-week course of yoga improves behavioural control and decreases psychological distress in a prison population*⁶. Prison has a tendency to increase depression,

anxiety, stress, antisocialism, aggression, and many negative behaviors toward the prisoners because of its obvious dark atmosphere. Five researchers tested to see if yoga cures the disorders by creating a control and experimental group. The prisoners in the control group would not practice yoga, whereas the other prisoners in the experimental group would get the practice for ten weeks straight. A total of one hundred prisoners from seven different prisons, both male and female, participated in this study for ten weeks with the age ranging from twenty one to sixty eight years old. Forty-five prisoners with no previous yoga experience were put into the experimental group. They received a two-hour long yoga class per week and were also instructed to keep a journal monitoring the extra amount of yoga practices they did on their own. The classes were based on hatha yoga postures and stretches, which included meditation/relaxation and breathing exercises. The other fifty-five prisoners placed in the control group were simply told to continue with their daily activities as they were and to also keep a journal monitoring the hours of exercises they did.

Before and after the ten-week experiment, the prisoners were instructed to take the perceived stress scale measure, also known as cognitive-behavioural task, and the brief symptom inventory measure to assess psychological distress such as depression, anxiety, and sustained attention to compare the results. According to the results of those two tests, prisoners who practiced yoga showed positive signs of improved mood, reduced stress, and psychological distress compared to the control group. It also showed signs of improved memory, sustained attention, and awareness especially with depressed patients. The researchers of this experiment Bilderbeck, Farias, Brazil, Jakobowitz, and Wikholm states, "In sum, we found evidence that yoga significantly improves measures of prisoners' mood and psychological wellbeing, as well as facilitating cognitive process relating to sustained attention and behavioral inhibition. These

changes are indicative of the potential for yoga to influence affect and behavioral regulation in a prison setting.”⁷ Yoga once again was proven to help heal the people in need. Although results can vary amongst human beings, practicing yoga brings awareness to the body and mind regardless, which why it is an effective long-term treatment for anxiety and depression.

The reason why yoga is so successful in healing disorders like anxiety and depression is because of the spiritual experience it provides the body *and* mind. Yoga puts the practitioner in the *not doing* state in order to stop the engagement with negativity. The authors of the text *Meditation and yoga in psychotherapy* explains that, “They [clients] lessen the strength of stress-producing pathways and problematic rewards [with yoga]. Clients acquire tools for objectivity to help them recognize that some of their beliefs may not be true,”⁸ which opens more doors toward happiness. By releasing out the negative energies from their bodies, a yoga class allows the practitioner to leave behind their bad habits and anxiousness to experience satisfaction of themselves and their lives. The second feature to yoga is the *doing*. By breathing deeply and holding postures in class, the students are instructed to direct attention to the breath and/or an object or thought that is pleasing. With them experiencing this, they start to recognize the difference between what is needed versus not needed, happy versus sad, and reality versus dream. By bringing attention to the breath or a pleasing object, it makes room for the joyful thoughts to replace the anxious and depressed feelings. Though of course humans are not perfect and most likely will come across the negative feelings at some point, “Greet that feeling with positive self-talk such as “what a wonderful opportunity to practice relaxing,”⁹ stated in that *Rituals of Healing: Using imagery for health and wellness* text. Since anxiety and depression are not some mandatory disorder we must experience in life, “Remind yourself that anxiety is just a feeling; it will pass and cannot harm you unless you allow it to,”¹⁰ says Achterberg, Dossey, and

Kollmeier in the *Rituals of Healing* text. Through yoga and this method of accepting emotions, one will build self-control and confidence, which will help minimize any incoming disorder.

Anxiety and depression do not appear out of nowhere. They built up over time from stress, insecurity, and over-thinking. Once the symptoms are apparent, the disorders are heavy and hard to remove from one's life. So a simple, an hour a day, yoga can truly help a person mentally because as Gregory P. Fields confirms, "Yoga upholds a standard of human well being – psychological and spiritual – that greatly expands our view of body, health, and human potential. The wholeness that is holiness, the liberation that is healing in its fundamental meaning, is the goal of Yogic religious therapeutics,"¹¹ in his text *Religious Therapeutics: Body and Health In Yoga, Ayurveda, and Tantra*. Yoga is not just about doing and being physically active, but it's about healing, becoming aware, experiencing self-discovery and self-control by taking oneself to the higher consciousness through spiritual enlightenment in order to stop the mind from wandering off toward the problems in people's lives. In my own experience of going through the certification program with amazing mentors, I have learned that as yoga teachers, we are the healers of the practitioners. Each weekend, the teachers of the program emphasized the importance of accepting our own feelings and the practice itself in order to teach from a pure state of mind. With the right teachers leading a yoga class, I do believe that it can help one to become conscious of self-control and self-discovery towards new feelings and life styles.

Though some may not agree or refer yoga for therapy since results may vary amongst patients, yoga is still becoming more wide-spread and reliant. A documentary on the origin and purpose of yoga called *Yoga Unveiled*¹² states that it is now one of the highly recommended treatments that is offered in hospitals and rehabilitation centers. Many doctors and therapists suggest it because it has proven to cure disorders like anxiety and depression, not to mention the

postures done in class are safe for all body types. One will never know the difference yoga does to a body until they emerge themselves completely into this world with a purpose and goal in mind. In this busy and fast moving society today, it seems that taking pills for everything is the easiest and fastest way but that also comes with side effects, as well as the danger of relapsing. So although doing yoga for recovery might not be the fastest way, it is the better choice for a long-term effective recovery method, with no side effects. Anxiety and depression come from within, hurting patients with heavy emotions. A yoga class is scientifically proven, an all-natural medicine, and a cure from disorders by giving a spiritual experience to allow one to feel the difference within their own body.

¹ Risa Weisberg and R. Reid Wilson, "The Economic Burden of Anxiety Disorders," *Anxiety and Depression Association of America*, <http://www.adaa.org/about-adaa/standing-committees> (accessed October 22, 2013).

² Stephanie Farls and George Krucik, "Depression Statistics," *Health Line* (2012), <http://www.healthline.com/health/depression/statistics> (accessed October 22, 2013).

³ K.K.F. Rocha, A.M. Ribeiro, K.C.F. Rocha, M.B.C Sousa, F.S. Albuquerque, S. Ribeiro and R.H. Silva, "Improvement in physiological and psychological parameters after 6 months of yoga practice," *Consciousness and Cognition* (2011): 843.

⁴ *Ibid.*, 844.

⁵ *Ibid.*, 843 - 850.

⁶ Amy C. Bilderbeck, Miguel Farias, Inti A. Brazil, Sharon Jakobowitz and Catherine Wikholm, "Participation in a 10-week course of yoga improves behavioural control and decreases psychological distress in a prison population," *Journal of Psychiatric Research* (2013): 1438 – 1445.

⁷ *Ibid.*, 1444.

⁸ Annellen M. Simpkins and C. Alexander Simpkins, "Techniques for Clinical Practice," *Meditation and yoga in psychotherapy* (2011): 25.

⁹ Jeanne Achterberg, Barbara Dossey and Leslie Kolkmeier, "Using imagery for health and wellness," *Rituals of Healing* (1994): 90.

¹⁰ *Ibid.*, 90.

¹¹ Gregory P. Fields, "Body and Health in Yoga, Ayurveda, and Tantra," *Religious Therapeutics* (2001): 94.

¹² Ajay Mehta, "The evolution and essence of a spiritual tradition," *Yoga Unveiled*, directed by Shimit Amin and Gita Desai, aired March 31, 2004 (USA), DVD.

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Anxiety and Depression Association of America.

<http://www.adaa.org/about-adaa/standing-committees>

(accessed October 22, 2013).

Summary of dance studies

- Fundamentals of Dance Composition I and II
 - Create our own dance and receive feedback for improvement.
 - Watch peers and learn from them
 - Learn to be open minded, improvise, and work as a team
 - Experience authentic movements
 - Realize that many movements can/does come from verbs and adjectives used daily
 - Learn to trust oneself
- Dance Styles and Form
 - By choreographing a piece to an unfamiliar music that was given, students learn to carefully study the rhythm, tempo, speed, pattern, and sequencing
 - Site specific study forces us to make a good use of space and the environment, something other than the dance rooms.
 - Writing assessments allowed us to evaluate others and ourselves. The positives and also improvements that could be made for next time.
 - Working in a different group every time allowed the students to receive and take in what others brought to the table
- Laban Movements Analysis
 - To attain the universal language of dance created by Rudolph Von Laban
 - Creating dance filled with movements that are separated into

categories of Effort, Shape, and Space

- Practicing Bartenieff Fundamental patterns of the body, which also came very useful for the Principles of teaching class
- Music for Dance/Drumming
 - To be able to play the drums
 - Hear rhythmically what is correct/incorrect
 - Work as a class
 - Experience a different culture (African folkloric tradition)
 - Practice discipline when learning something new
 - Being open minded
 - Learning different use of timing, sequencing, and isolation
- To Dance is Human: Dance, Culture and Society
 - Becoming vulnerable and open to sharing what makes us individuals
 - Learning different cultures and accepting them
 - Stating your opinions but also being able to be compatible with other's choice of opinions
 - Accepting what the society has become but how we can change for the better one person at a time
 - Learning about the history of dance and how dance, especially jazz, has evolved
- Dance History
 - Learning the history of dance in chronological order
 - Being familiar with the people who changed either the style or the

meaning of dance

- The origin of dance
- Watching videos to differentiate the time periods and how people moved back then
- Vocabularies that defined each time periods
- Kinesiology I and II
 - Knowing all the muscle and bone functions and placements to understand the body
 - Writing about our body alignments to be able to fix what it is that is creating the problem in dance
 - Applying what I learned in the class to further my dance skills
 - Knowing the relationship between my body and the surrounding environment (i.e., gravity)
 - Learning about range of motion. My fullest potential vs. limitations, why some movements are not meant to be done on my body, etc.
 - To be familiar with kinesiology terms
- Principles of Teaching
 - Learning the essential material and necessary process of creating lesson plans to go teach a class
 - Knowing the *California Visual and Performing Arts Framework, K - 12* and to use it as a guide to see what students should know by the end of the course
 - Having a versatile class syllabus to use as a reference for the future

- Giving back what we as students/dancers have been learning and teaching others
- Principles of movements
 - Studying the different types of body conditioning developed by pilates, Feldenkrais, Bartenieff, and more
 - Try to attain good body posture and alignment in dance and life
 - To understand the difference between cognitive, affective, and psychomotor skills.
 - Learned how to prevent injuries
 - Ways to help with flexibility, strengthening, and massaging the muscles by using objects
 - How the organs work and support what we do
- Philosophy of Arts
 - How yin and yang relates to daily activities
 - Absorbing what we already have and accepting it; contentment
 - Learning Chinese medicine
 - Having the privilege to be able to communicate with a student in China to pick their brains about what they think about the meaning of life
 - Leading a class lecture forces the students to really understand the class material/book
- Improvisation
 - To think outside the box

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- Improvisation
 - To think outside the box

- Realize that there are tools to help us improvise such as to feelings, the weather, music, people, daylight, etc.
- Doing something that scares us and taking that as a positive experience
- Attaining confidence by not doing movements that we are used to doing
- Improvising gives us ideas and new movements for new choreography
- Careers in Dance
 - To use the teacher as a resource and ask as many questions to feel ready to go into the real/professional world
 - Prepare the essentials like resumes, biography, headshots, etc.
 - Start brainstorming ideas for our future/business and what we can offer and do for this world
 - Know the right people to go to when trying to get a job
 - Etiquette
 - Different types of careers/opportunities
 - To not get cold feet about graduating!
- Dance production
 - How stage managing works
 - How to put together a stage
 - Know the different types of lighting designs and the equipments
 - Working together as a team to make the show go on!

- Learn about the different types of colors and how each colors reflects well or bad off of one another
- Ballet
 - To achieve the flow and transition of two movements
 - Create length in the spine to allow bigger and more sustained movement
 - Finding stability in the core at the barre
 - Not being afraid to try something new
 - Knowing/attaining the proper alignment of the body
 - The technique we grasp from ballet is connected to all other styles of dance so it is the most important style to master
 - Be familiar with the vocabulary terms
- Modern Dance
 - To be able to connect the body with music
 - Go above and beyond limitation
 - Increase stamina
 - Learn different types of modern from different teachers
- Jazz
 - To learn the expectations of becoming a professional jazz dancer
 - To further my knowledge in the style of jazz dance
 - To gain more of articulation, intricacy, flexibility, and sharpness into my dancing
 - To be put out of my comfort zone

- World Dance (Hawaiian)
 - Learning the Hawaiian culture and language
 - Dancing and learning the movements that relate to the vocabularies
 - Creating a Hawaiian piece to show the each other what we learned in the semester
 - Being creative and adding one's own style when asked to
 - Adapting fully into the culture to get the most out of the class
- Yoga
 - To experience calmness, relaxation, being closer to earth and more aware of the mind
 - To bring awareness to satisfaction and contentment
 - To learn the different types of yoga and meditation
 - Condition the body
 - Learn the Sanskrit
 - Learn to know the yoga's history/origin
 - Having to teach a few phrases to the class made me think and focus on the important aspects that I want my students to do in the future
- Pilates
 - Learning how to use the reformer, trapeze table, and Wunda chair properly
 - Doing different series of movements to focus on individual muscles
 - Being more knowledgeable on different ways to stretch by using an object such as a mat, foam roller, tennis ball, theraband, magic circle,

etc.

- To strengthen the body

AESTHETIC STATEMENT

Beauty in Dance and its surrounding

The reason why I find dance beautiful is because of the way dancers connect through movement. It is incredible that by simply moving the body with purpose, dancers are able to become relatable with one another, even if it is with a stranger. It's a different form of language, a secret code that allows one to get deep within its beauty. The word beautiful in my mind means something that is pleasing to the senses. Dance can be heard, touched, seen, smelled, even tasted. Although other people might not find something beautiful the same way as I do, beauty still exists and can be found in this world of dance. That is what I love the most about dance. It is not meant to be perfect because it can never be. It is the imperfections that make dance so visually pleasing because it always leaves you with wanting more if the dancer is fully engaged in their movement or the piece. From a dancer's perspective, it's hard to watch a show without looking for the pointed toes, perfect turnout and legs up to their ears, but I think it's also important to just recognize the hard work dancers put in everyday. Training the muscles, healing the injuries, remembering the choreography, it is all very tough but part of what makes a dancer so authentic and the ending product of a performance so incredible and worth it is the pain we go through. Although there are good days and bad days, being a dancer is so rewarding and the fact that I get to do what I love in my life is beyond amazing.

I am very thankful for dance because it has given me options and different directions to take in my life. Without dance, interests such as yoga, pilates, fitness, health, communication, and being social wouldn't have been so important to me today. Those things have lead me to invest more in my active lifestyle and I can't

imagine my life any different than how it is now. And vice versa, now with all of my other interest that has formed from dance, it has made my dancing that much better and stronger. Growth and transformation happens when one is fully invested and enjoying it. Without the joy and playfulness, it wouldn't mean anything.

Another factor that makes dance aesthetic is the role of music. This plays a huge part in how beauty is shown through dance for me. From my personal experience, I have learned that I am able to relate better to a song with lyrics or one that I enjoy listening to, regardless of the style of dance. Just like dance, music is another form of art and when something is so aesthetically pleasing to my ear, this certain energy pours out of my body with all different kinds of emotions and I feel that I am very engaged in the moment. Over the years in class, I have tried to make myself dance to songs that I wouldn't choose on a normal bases just to get some outside experience, but what I came to the conclusion was that if I can't relate to the song or the beats, it doesn't make me want to jump up and start dancing. From an audience's point of view though, I don't necessarily mind if the song isn't pleasing because I'm not the one dancing to it. When I watch a piece, I look for the articulation and engagement of the body and movement to the music. I personally think it's beautiful and enjoyable to watch other dancers dance to a piece of music that I wouldn't choose to dance to because I see a whole new interpretation and meaning to that type of song. I believe that it's important to know what types of music you like and vice versa because it makes you unique and different from the rest of the world.

The most important factor to a beautiful dance for me is the technique. What the audience doesn't know is how hard it is to keep up or even improve technique. It takes hours and days of hard work to fix a bad habit because a body has muscle memory, meaning when a dancer tries to break the habit, it does everything to go back to its original form. So when I watch a dancer with beautiful technique perform, I don't blink my eyes and I watch with so much respect. Throughout my college years as a dance major, we were told to go watch professional dance shows. And every semester, I tried to go watch different dance companies perform because they all have something *so* different to offer. They all have such unique style but what is so universal about dance is the ballet technique behind all of the dancers. You cannot cheat with ballet or technique. The feeling of dancing with control is the best feeling because in the midst of doing fast, isolated, and sharp movements, comes with a sense of control and elegance. It is so gorgeous watching a dancer be on top of their game and having so much control over each movement. When a dancer has splendid technique, I know that people with no dance experience can still tell that there is something different and special about the performer. They make dance look so easy, like they're ice skating or walking on water.

Every dancer has something different to bring to the table. There are never a right or wrong in dance because it truly is a form of art and no one can dance *exactly* the same as another person. But an exception that contradicts what I just stated is when a dancer is at an audition. Dancers auditioning should try their best that they can to mimic and dance exactly how the choreographer wants them to. Knowing when to copy others or dance your own style is such an important factor, technique,

and a necessity to have in order to be a “good” dancer at an audition. Having freedom and being unique with your own dance style is necessary but being able to do somebody else’s choreography, just the way they want it, is a talent and skill that is needed as well. Both of the combination is what makes dance fun to do and enjoyable to watch. In a perfect world, a dancer would have technique, ability to dance any kind of style, good body type, and a dynamic facial and body expression. But since we don’t live in a perfect world, whatever the dancer’s forte is, they should bring it with them, no matter what type of dance class or audition it is. Having a balance or at least a little bit of each is what I’ve learned makes a dancer amazing in their *own* way. Trying to look and dance like somebody else is worthless because the other person probably does it better so focusing on what one has to offer is the best way to go. It took me years and teachers saying that previous sentence a thousand times for me to realize this but I am glad that I was finally able to comprehend and apply it for myself now.

Through dance, I am continuously making new friendships as well as deepening the ones I have now. Because of that, everyday is a new and exciting day for me. They make my dance life worth so much more than anything else. And although I have my preferences and likings, I like to look at every different dancer, style of dance, technique, and performance as something beautiful and delightful. I think this way because in order to succeed, I know that I have to think positively. I try not to criticize anybody because we are all humans and we can’t always be perfect. Dance has taught me so much in the past about how beautiful life can be

with dance in it, and I plan on continuing to discover more of that happiness in the future.

MOVING TO A CITY

City #1: Los Angeles, California

- Topic: Yoga studios to teach or practice at:
 - <http://www.lafitness.com/Pages/AerobicClasses.aspx>
 - <http://www.24hourfitness.com>
 - <http://www.equinox.com>
 - <http://www.spectrumclubs.com/groupfitness/>
 - <http://www.yogavistastudio.com>
 - <https://www.thegreenyogi.com>
 - <http://yoganestvenice.com>
 - <http://ramayogainstitute.com/contact/>
 - Etc.
- Climate: Fairly nice all throughout the year
 - <http://www.weather.com/outlook/travel/vacationplanner/vacationclimateology/monthly/USCA0638>
- Transportation: A car is necessary to get anywhere, unless you have a friend who can drive you around or let you borrow it.
- General scoop: There's always traffic on the freeway, very busy city, social media is a huge part, and people are friendly and pretty straightforward.
- Part-time or full-time employment: Yoga instructor, Pilates instructor, and personal trainer.
- Housing: Apartment in Marina del Rey or Santa Monica
- Dance in the community:
 - <http://www.edgepac.com>
 - <http://www.drdancestudio.com>
 - <http://millenniumdancecomplex.com/main/>
 - LMU

City #2: Tokyo, Japan

- Topic: Yoga studios to teach or practice at:
 - <http://sunandmoon.jp/top/>
 - <http://www.in-sea.jp/english/>
 - <http://www.n-breath.com>
 - http://www.yoga-plus.jp/index_d.php?utm_exp=82894032-35.LgE8xkXMTz-z4AMzLaXErA.3
 - <http://www.studio-yoggy.com/studio/shinjuku/>
 - <http://www.konamisportsclub.jp/fitness/yogapersonal/index.php>
 - <http://www.samadhistudios.com/classes.html>
 - Etc.
- Climate: Very cold during winter (November through March). Starts to get warm around April and June is the rainy season. It gets very humid and hot around July until mid October.
 - <http://www.japan-guide.com/e/e2273.html>
- Transportation: You can get around using the train or a bus anywhere, anytime. It is very convenient and affordable. Taxi is another form of transportation. They are always driving around and so easy to pick up.
 - <http://www.tokyometro.jp/en/>
 - http://www.city.shibuya.tokyo.jp/eng/com_bus/
- General scoop on the city: People walk *everywhere*, trains stop at midnight and reopen at 5a.m., Tokyo is lively, people are friendly, nice, and helpful, food portions are small and healthy, yoga and dance have started to become very popular in Japan.
- Part-time or full-time employment: Possibly getting a part-time job at a yoga or dance studio and working for my dad's company there.
- Housing: I have a house out there.
- Dance in the community: Dance and other forms of art are starting to develop and become popular in Japan. Schools have included dance as one of their

options for physical education and colleges also have created “circles,” also known as clubs or a gathering of people, that allow students to take dance classes lead by each other.

- <http://b-d-c.jp>
- <http://en-dance-studio.com/shibuya/>
- <http://www.noadance.com/hiphop/>
- <http://zeal-studios.com>