

GLUCK FELLOWSHIP DIGITAL DIY CURRICULUM SYLLABUS 2020-2021 (Form #6a)

EDUCATION | HEALTH | CULTURE | CREATIVITY

Introduce | Inspire | Involve | Impact

Fellow Name: Talia Mason

Department: Dance

Title: *Mindfully Moving!*

Abstract: *Mindfully Moving!* will give you an opportunity to get in touch with your body and with your breath. This workshop will begin with a sun salutation and an overview of yogic breathing and will lead into dynamic yoga games and exercises. You will learn yoga poses and create your own yoga pose individually and with your class. By mindfully moving with breath and groundedness at the forefront of the workshop, you will complete the workshop with a sun salutation that you can teach to your classmates and to your family! Movement has the power to energize and bring awareness to the body and the body's muscle groups. If you are excited about learning mindfulness techniques as well as yoga poses that help with centeredness, concentration, and calm, *Mindfully Moving!* will give you agency to lead and share your experiences with friends, family, and classmates. This workshop is geared towards helping you become a leader and using yoga as a tool for building community.

Target Audience: K – 2nd grade, 3rd-6th grade, Middle School, High School

Learning Objectives/Outcomes:

By using this Digital DIY Curriculum you will be more confident in your physical abilities and in your knowledge of yoga. You will learn a variety of yoga poses that help with stability and groundedness and you will get a chance to invent your own poses as individuals and as a class. You will learn how to work as a team and how to rely on your breath as a way to find calm.

Talia Mason is a dancer and choreographer interested in the intersections of kinesthetic and verbal language. Talia is currently pursuing an MFA in Experimental Choreography at UC-Riverside. Talia graduated magna cum laude, phi beta kappa with a BA in Dance and Francophone Studies and Education from Bates College and a post-baccalaureate in performance from Headlong Performance Institute. She grew up dancing at the Liz Lerman Dance Exchange and at the Kibbutz Contemporary Dance Company. Talia choreographs because she believes wholeheartedly that ordinary bodies can do extraordinary things and that anyone can dance and that everyone should dance. Talia's work has been presented at the Philadelphia Fringe Festival, Movement Research's Open Performance and at Fringearts's Scratch Night. She has performed in work choreographed by Belle Alvarez, Nicole Bindler, Rachel Boggia, Dance Exchange, Sean Dorsey, Lily Kind, Shreshth Khilani/Sarah Marks Mininsohn, Cassie Meador, Tiffany Rhynard, and Mira Treatman. Talia taught Movement full-time to Pre-school through Kindergarteners at Greene Towne Montessori School in Philadelphia for three years. She is an adjunct artist for Dance Exchange, facilitating community-oriented engagements and in the past has done graphic design work for Headlong and Philadelphia-based artists. Her latest work with collaborator Christina Catanese, "Field Notes on Remembering," premiered in May 2019 at Bartram's Garden. This site-specific iteration explored ginkgo, the relationship between remembering, forgetting, and erasures of time.

Gluck Creative Classroom Digital DIY files:

"Mindfully Moving - Syllabus.pdf"

"Mindfully Moving - Elephant Breathing Audio Guide.pdf"

"Mindfully Moving - Yogi Says.pdf" (activity)

"Mindfully Moving - About Mindfulness.pdf"

"Mindfully Moving - Sun Salutation.mp4" (video)