

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

EDUCATION | HEALTH | CULTURE | CREATIVITY

Introduce | Inspire | Involve | Impact

Sophia Levine

Department: Dance

Choose Your Own Yoga Adventure!

Abstract: This program incorporates breathing and physical exercises to bring you and your students on yoga-based adventures. Activities can be used online or in-person and can be shaped by teachers to focus on self-awareness, working in groups, physical coordination, and/or storytelling. No matter how you choose to use the activities of this program, you and your students will learn exercises that can be employed both in and beyond school.

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

Learning Objectives/Outcomes:

By using this Digital DIY Curriculum students will go adventures through yoga-based exercises.

Sophia Levine is a dance artist and scholar. As a movement teacher and yoga instructor, she has taught workshops for all ages and performed in Pittsburgh, New York, Illinois, Vermont, the Dominican Republic, Switzerland and Italy. Her artistic endeavors include dancing a paper at a mnemonics conference in London; curating collaborative devised dance and theater works; and choreographing embodied installations for schools, offices, museums and parking lots. Levine earned a BA in Dance from Middlebury College and an MFA in Choreography from University of Illinois Urbana-Champaign. Levine is a fifth-year PhD Candidate in Critical Dance Studies at University of California, Riverside.

Elements of the Digital DIY Curriculum

D_Chose Your Own Yoga Adventure!-Syllabus.pdf

D_Chose Your Own Yoga Adventure!- Introduction to Yoga and Yoga Warm-Up.pdf

- Learn about yoga and do simple postures and breathing to warm-up the body for further yoga adventures.

D_Chose Your Own Yoga Adventure!- Yoga with Guru.mp4

- Try yoga poses with Guru, a foil figure animated by stop motion animation.

D_Chose Your Own Yoga Adventure!- Guru's Adventure.pdf

- Use yoga poses, storyboarding, and imagination to make a story about Guru.