DAA 2381 WORLD DANCE & INTERCULTURAL PERFORMANCE: THAI YOGA MASSAGE

DAA 2381 / ---- 3 CREDITS
Tuesday/Thursday 10:40 – 12:10
McGuire G-11

INSTRUCTORS OF RECORD:

Ariela Grodner, arielagrodner@yahoo.com
Kristin O’Neal, koneal@ufl.edu

*Email Policy: Use ONLY your UFL.EDU email account for e-mail correspondence related to class: your name & class must appear in the subject line of all correspondence.

Offices: Nadine McGuire Theatre & Dance Pavilion
Office Hours: Hours posted on faculty office doors  
(Hours for Ariela by appointment only)
Office Phone: 352-273-0500 Main Office

Syllabi are posted at CFA website under Student Life:  
http://www.arts.ufl.edu/students/syllabi.aspx

REQUIRED TEXT: “Ayurveda and Thai Massage” by Ariela Grodner

**COURSE DESCRIPTION:

Traditional Thai Massage/Yoga is an ancient healing technique that has been in popular use in Asia since the time of The Buddha (roughly 500 b.c.). The practice itself manifests as a flowing dance that synthesizes the cumulative knowledge and techniques of many disciplines. Doctor Skivakakorpaj, Ayurvedic Master and personal physician to the Buddha, is considered the originator of the form. Employing the graceful rooted movement of internal martial arts and the compassionate mindfulness instilled by the meditative experience of the practice, Thai Massage is taught both as a form to follow and also as a key to improvisational bodywork. The essence of the practice is self-awareness, and the fluid expression that naturally extends from that awareness. During
the course of this class we will explore the core movements, stances, hand techniques and rooted breath awareness necessary for a strong foundation in the art. For students new to Thai Massage, as well as experienced practitioners, this course links practice with purpose: to broaden elements of grace, clarity, ease and compassion into our lives and to those you touch. This training is special as we aren’t only learning a routine but also how to use different techniques for different needs based on body awareness, dance and Intuition.

**PREREQUISITE KNOWLEDGE AND SKILLS:** No prerequisite, though some knowledge of simply yoga practice is useful. All participants will be required to work with different partners within the class to fulfill course objectives.

**PURPOSE OF COURSE:** The purpose of this course is to educate the students in the foundations of traditional *Nuad Boran* Thai Massage and teach them the necessary movements, techniques and applicable theory to provide a therapeutic Thai Massage treatment.

**COURSE GOALS AND/OR OBJECTIVES:** By the end of this course, students will:

- Learn enough material to give a two-hour session wherein the recipient is guided from one stretch to another, in a fluid and dynamic way that benefits the practitioner as well as the recipient.

- Learn the proper body mechanics and core movements to transition smoothly between poses on the floor & effortlessly apply pressure using body weight and rooted movement by utilizing the system of poses, stances and transitions that are the core foundation of the practice.

- Learn a system of traditional lines and points, their Ayurvedic attributes and proper techniques (utilizing hands, feet, knees and forearms) to apply to those lines and points.

This course is applicable to the dance program in several respects. The foundation of the Thai Massage practice lies in a thorough comprehension of the poses, stances and transitional movements the essence of which is conscious, center based movement. The increased kinesthetic awareness these movements inculcate benefit dancers in helping them avoid injuries, as well as treat injuries when sustained. Another way in which Thai Massage is beneficial to students of dance is as a comprehensive system of stretching, both for practitioner and recipient that can be employed both before and/or after an intense dance/practice session. Dance practitioners’ athletic exertions being as vigorous as they are, having solid experiential knowledge of an applicable healing system is an extremely constructive knowledge to possess. Students of the Thai Massage practice are less likely to injure themselves, and have a vocabulary of techniques with which to treat injuries sustained both by themselves as well as others.
**TEACHING PHILOSOPHY:** The underlying philosophy of my method of teaching is that true cognitive integration of any new knowledge requires repetitive experiential practice. Students of my classes are introduced to the material via teaching materials and a demonstration before immediately putting what they’ve learned into practice. Students develop an experiential kinesthetic knowledge of the material by practicing under my supervision to correct any misapprehensions they may have concerning application of the techniques they are employing. A thorough understanding of the techniques, their application and integration into a fluid whole happens through a conscious awareness of the movements involved and their intentional repetitive practice.

**INSTRUCTIONAL METHODS:**

_The structure of the course is such that we will sequentially explore every technique that the practitioner will use in giving a two-hour full body session. We will begin with basic stances, poses and proper techniques for giving weight (using hands, feet, knees, elbows and forearms) and progress from there to learning the pieces that make up the full sequence. Each class will involve a warm up followed by a demonstration of the course material that they will observe while following along in their textbook. There will then be a question and answer period before students partner up and take turns practicing the material under my guided supervision. Class will end after the techniques have been thoroughly practiced and a final question and answer period. Every class will build upon what was taught in previous lessons until a thorough knowledge of the basic sequence has been acquired. At the end of the course each student will perform a full session under the teachers observation._

**COURSE POLICIES:**

Mindful participation in each class meeting is the only way to meet the objectives of this course.

- Attendance, which is mandatory, means that when you enter the classroom, you are present, alert, and contributing to the progress of the class every second.
- If you are not present when attendance is taken or class begins you are marked absent.
- In the case of extended health issues, refer to the Injury and Illness Policy in the SoTD 2013-14 Handbook (SoTD website) and included in this syllabus.

Class Absence Policy:

- Five (5) or more absences (excused or unexcused) result in automatic failure.
- All undocumented absences are unexcused: each unexcused absence = 5 point deduction. Excused absences may include those related to illness/injury, which are documented by a medical professional. Events related to family emergencies or professional obligations should be discussed with your instructor.
• For your safety and the focus of the class, you may not join class if it has already started. You are late and counted absent; with instructor permission, you may observe.
• If you should leave class early, 3 points are deducted from your grade.
• If unable to dance but still attend, with instructor permission, you may ‘actively’ observe for full class credit, onetime. You will complete an assignment as assigned by the instructor due at the end of class.
• UF approved religious days are excused and do not need to be made-up. (Travel time not included.) You are responsible for material covered during your absence.
• A MEDICAL WITHDRAWAL will not be supported without approved documentation. An Incomplete is only considered by UF Dance in extreme cases and is not available in technique classes.

MAKE-UP POLICY:

• You are responsible for all material covered during any absence
• There are no makeup options for unexcused absences
• Absences from Written Exams, Quizzes, Mid-Terms, and/or Finals may only be made up with approved documentation
• To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:
  1) Immediately after your return to class, turn in approved/legal documentation to instructor.
  2) Make-up the class with an approved assignment submitted or completed on the required date as determined by the instructor. If the assignment is to attend another class as a make-up, it must be the same technical level, or lower and the student must request permission of that instructor. (Some instructors do not allow this.)

In the UF Dance Program, three unexcused absences will reduce your grade one-letter grade (i.e., from B to C). Each subsequent unexcused absence lowers your grade by half letter grade (i.e., from C to C-). After five unexcused absences the student may not return to class and result in automatic failure of the course. A student with medical documentation may apply to UF for Medical Withdrawal.

Please consult the following sites for UF’s physical and mental health resources:
http://shcc.ufl.edu/ (Student Health Care Center)
http://shcc.ufl.edu/forms-records/ excuse-notes/ (excuse note policy)
http://dso.ufl.edu/ (Dean of Students)

UF POLICIES:

UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (http://www.dso.ufl.edu/drc/). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not
retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

**UNIVERSITY POLICY ON ACADEMIC MISCONDUCT:** Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at [http://www.dso.ufl.edu/students.php](http://www.dso.ufl.edu/students.php).

**NETIQUETTE: COMMUNICATION COURTESY:** All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats. [Describe what is expected and what will occur as a result of improper behavior] [http://teach.ufl.edu/docs/NetiquetteGuideforOnlineCourses.pdf](http://teach.ufl.edu/docs/NetiquetteGuideforOnlineCourses.pdf)

**GETTING HELP:**

For issues with technical difficulties for E-learning in Sakai, please contact the UF Help Desk at:

- [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)
- (352) 392-HELP - select option 2
- [https://lss.at.ufl.edu/help.shtml](https://lss.at.ufl.edu/help.shtml)

** Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

Other resources are available at [http://www.distance.ufl.edu/getting-help](http://www.distance.ufl.edu/getting-help) for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit [http://www.distance.ufl.edu/student-complaints](http://www.distance.ufl.edu/student-complaints) to submit a complaint.
**GRADING POLICIES:**

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<thead>
<tr>
<th>Assignment</th>
<th>Points or percentage</th>
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</thead>
<tbody>
<tr>
<td>Outside Massages (Intake form)</td>
<td>20 points</td>
</tr>
<tr>
<td>2 Quizzes (Readings/Ethics)</td>
<td>10 points each/20 points Total</td>
</tr>
<tr>
<td>Midterm Demonstrations</td>
<td>20 points</td>
</tr>
<tr>
<td>Final Demonstrations</td>
<td>40 points</td>
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**GRADING SCALE:**

Your overall score may be affected by your attendance record.

- **A**  93-100
- **A-**  90-92
- **B+**  86-89
- **B**  83-85 points
- **B-**  80-82
- **C+**  77-79
- **C**  73-76 points
- **C-**  70-72
- **D+**  67-69
- **D**  63-66 points
- **D-**  60-62
- **E**  59 and below
EACH STUDENT IS RESPONSIBLE FOR MONITORING HER/HIS OWN PROGRESS

MIDTERM: Thursday February 27, 2014
FINAL: Tuesday April 15 and Thursday April 17, 2014

Disclaimer: This syllabus represents current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected. Any changes in exam dates due to unseen circumstances will be announced in class and posted on the dance board in a timely fashion.