

Art 285

Art of Yoga

Instructor: David Lynx, M.L.S., RYT

Spring Quarter - 2017

Course Description:

This course explores the eight-fold path of yoga and its representation in art and photography. It is a survey of the visual representation of yoga with its beginning in the Indus Valley in 2500 BCE and its movement through India, South Asia, and eventually to the West. Students will study the Yoga Sutras of Patanjali and their application to art, and experience of the eight limbs of yoga through meditation, pranayama (breathing), and chair yoga.

Required Texts:

Yoga the Art of Transformation

By Debra Diamond (Smithsonian Books)

The Yoga Sutras of Putanjali

by Swami Satchidananda



Outcomes

By the end of this class, you should be able to:

- Develop a basic knowledge of the Yoga Sutras through the study of the contemporary translations of the text of the Yoga Sutras of Patanjali (written circa 2-3rd century C.E).
- Recognize how the eight limbs of yoga are represented visually in artwork.
- Consider the origins of how yoga is represented historically in the visual artwork in the regions of India (including areas of Afghanistan and Pakistan), China, Southeast Asia, Korea, Japan, and eventually in modern Europe and America.
- Write coherently about works of art with discipline-specific format and terminology.

Objectives

To reach the outcomes of this class, you will:

- a. Identify and interpret the eight limbs of yoga (ashtanga) as outlined in the literature of the Yoga Sutras of Pantajali.
- b. Identify and explain the four traditional forms of yoga: Gyan (knowledge), Bhakti (devotion), Karma (action), and Raja (royal).
- c. Understand and be able to physically express the practice of asana (postures) and their application to creativity through human expression in the artwork of Southern Asia and the modern Europe and America.

- d. Understand and be able to physically express the practice of pranayama (breathing) and the expression through artwork of the cultures of India, China, and Japan.
- e. Understand and be able to physically express the practice of dhyana (meditation) and the expression through artwork of the cultures of India, China, and Japan.
- f. Identify the eight branches as outlined in the Yoga Sutras of Yama (social behavior), Niyama (personal behavior), Asana (postures), Pranayama (breathing techniques), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation), and Samadhi (merging with the divine).
- g. Identify the five Yamas: ahimsa (non-violence or non-harming), satya (truthfulness), asteya (non-stealing), bramacharya (sexual restraint), and aparigraha (non-possessiveness) and five Niyamas: saucha (purity), santosha (contentment), tapas (discipline or austerity), svadhyaya (spiritual studies), and Ishvara Pranidhana (constant devotion to God)
- h. Define how the eight branches are represented iconographically in the artwork of India, China, Japan, Korea, and Southeast Asia, and modern Europe and America.
- i. Examine the iconography and the visual culture of Hindu, Jain, Buddhist, Sikh, and Sufi religions within the framework of yogic principles.
- j. Recognize and compare the depiction of yoga in the artwork of Hindu, Jain, Buddhist, Sikh, and Sufi religions in the countries of India, China, Japan, Korea, and Southeast Asia.
- k. Interpret the impact of the visual representation of yoga in the art and photography of Europe and America.
- l. Assess the political and cultural relationship between India, China, Korea and Japan and demonstrate how this influenced the introduction of religious ideas and the creation of yogic art.
- m. Investigate and illustrate the exchange of ideas between the orient and the occident and the introduction of yoga to the west.
- n. Review and understand formal elements and how they are used to describe and interpret works of art.
- o. Review and understand the history of yoga in India and its influence and religious artwork.
- p. Write about the eight limbs of yoga and how they are represented visually.
- q. Convey a visual analysis about how modern yoga is interpreted through photography.

Assessment:

Your final grade derives from averaging two aspects of the learning process. One is based in traditional grading techniques which measure whether or not you have learned information (like art vocabulary, styles and design principles). The second is based on how well you use this information in new situations like discussion, writing assignments, and presentations.

Grading will be based on successful, timely, and competent completion of the following:

- 9 quizzes given based on the assigned reading, videos, Canvas (website visits), and videos. *50% of final grade*, Multiple choice and short answer
- Mid-quarter written essay and final Powerpoint Presentation on Modern Photography of Yoga. *25% of final grade*
- Active participation classroom discussion, discussion, and yoga practice *25% of final grade*.

100-93	A	92-90	A-	89-87	B+
86-83	B	82-80	B-	79-77	C+
76-73	C	72-70	C-	69-67	D+
66-60	D				

Course policies:

In order to create an atmosphere of fairness for all the students in the class, there are specific rules everyone will follow this quarter.

Due Dates:

All due dates on assignments are in place to assure that you have the same amount of time as everyone else to work on assignments. For this reason, **I do not take late assignments**. You may turn work in early if you have a planned absence. If you keep up with the assignments and discussion, your grade should not be affected if you have an unplanned absence.

Academic Honesty:

Please refer to violations are in the Student Rights and Responsibilities of the college catalog.

Withdrawals/Incompletes:

I will not assign Academic Withdrawals without a direct request in writing from the student. To receive an academic withdrawal, you must have a viable emergency, and are currently passing the class. If you stop coming to class, your grade will be figured from the grades you have. Because of the nature of an online class, I am unable to assign incompletes. All grades are calculated from your online work, and this will become unavailable after the end of the class.

Any student who, because of a disabling condition, may require some special arrangements in order to meet basic course requirements should contact me the first week of classes so that the necessary accommodations may be made.

By remaining enrolled in ART 285, you agree to abide by this syllabus.