

## BACHELOR OF ARTS MAJOR IN TRADITIONAL EASTERN ARTS 2012–13

### Program Description

The 36-credit Traditional Eastern Arts major is grounded in sitting meditation practice. In the first and second semesters, students learn the basic principles of sitting meditation from the Shambhala and Zen traditions. Sitting meditation aids the student in developing “here and now awareness.” From this ground, students pursue an in-depth study of one of three core body/mind awareness disciplines: t’ai-chi ch’uan, aikido, or yoga. Study includes the philosophy, history, and culture of the chosen discipline. The major trains and encourages students to develop practice and discipline as a way of life and to bring the essence of that discipline into alignment with other areas of life such as livelihood, health, creative statement, and community.

### BA in Traditional Eastern Arts Requirements\*

T’ai-chi Ch’uan and Aikido concentrations

#### Core Requirements

TRA100	Shambhala Meditation Practicum (3)
TRA130	Exploring the Traditional Eastern Arts (2)
TRA463	Yoga Meditation Practicum (3)
TRA489	Senior Colloquium (1)
PSYB100	Anatomy (3)

#### TOTAL CREDITS 12

### Areas of Concentration

#### T’ai-chi Ch’uan

*“Whoever practices t’ai-chi ch’uan, correctly and regularly, twice a day over a period of time will gain the pliability of a child, the health of a lumberjack and the peace of mind of a sage.”—Grand Master Cheng Man-ch’ing*

T’ai-chi ch’uan is translated as “the supreme ultimate system of self-defense.” An ancient Chinese exercise, it consists of thirty-seven slow, continuous movements and is a profound preventative and curative system of Chinese medicine. The cultivation of ch’i, the intrinsic energy that animates all living phenomena, plays a central role in the training. T’ai-chi ch’uan restores the normal flow of ch’i by dissolving tension. The short form, Yang style of Grand Master Cheng Man-ch’ing, is taught.

#### T’ai-chi Ch’uan Requirements

##### Core Requirements (12)

Choose 12 credits from the following courses:

T’ai-chi Ch’uan I–VIII (TRA105, 205, 305, 405, 455, 490, 493, 496)
<b>SUBTOTAL 24</b>

Choose 12 credits from the following courses:

TRA120	Ikebana/Kado I (3)
TRA499	Independent Study (1)
ART181	Traditional Chinese Brush Stroke I (3)
PSYB303	Psychology of the Five Elements I (3)
REL156W	Zen Intensive Weekend (1)
REL345	Zen Buddhism (3)
<b>SUBTOTAL 12</b>	

#### TOTAL CREDITS 36

### Aikido

*“If your heart is large enough to envelop your adversaries, you can see right through them and avoid their attacks. And once you envelop them, you will be able to guide them along a path indicated to you by heaven and earth.”*

—O Sensei, Morihei Ueshiba, aikido founder

The roots of aikido stand in the soil of the great warrior tradition of Budo, where the fighting arts were practiced for the defense of society and as a personal path for awakening. Aikido wisdom and skills are developed through lively partner practice of empty hand and weapons techniques. On the mat, students engage with varied attacks and defenses in order to learn to become calm, centered, receptive, and responsive during intense encounters. Whole-body training takes place while watching, listening, doing, and feeling the movements of the practice. Reading and writing assignments deepen the classroom practice. Students may be invited to test for rank by the instructor.

### Aikido Requirements

#### Core Requirements (12)

Choose 12 credits from the following courses:

Aikido I–VIII (TRA110, 210, 310, 410, 450, 487, 491, 494)
<b>SUBTOTAL 24</b>

Choose 12 credits from the following courses:

TRA120	Ikebana/Kado I (3)
TRA437	Seminar—Ikeda Sensei (0.5) (can be taken twice)
TRA447	Seminar—Saotome Sensei (0.5) (can be taken twice)
TRA499	Independent Study (1)
ART181	Traditional Chinese Brush Stroke I (3)
REL156W	Zen Intensive Weekend (1)
REL345	Zen Buddhism (3)
<b>SUBTOTAL 12</b>	

#### TOTAL CREDITS 36

### Yoga Teacher Training

*“Yoga is the stilling of the whirlpools of the mind. By this, one’s essential nature can be realized.”—Patanjali*

In Sanskrit, yoga means “union,” referring to the joining of the individual psyche with the transcendental Self. Through this joining, the vehicles of body, heart, and mind can become conduits of supreme consciousness. The Yoga Teacher Training concentration provides comprehensive instruction in all aspects of the yogic path, ranging from asana practice to classes in yogic history, theory, and philosophy. Balancing cognitive understanding with experiential learning, students study these ancient practices and teachings for transformation, as well as gain the necessary knowledge and skills to teach yoga effectively.

The curriculum systematically covers asana, pranayama, mudra, bandha, meditation, yoga nidra, chakras, Sanskrit, anatomy, yogic philosophy, and yogic psychology. Asanas are practiced in a vinyasa style, based on the Iyengar principles of alignment. The Yoga Teacher Training curriculum prepares students to seek an external teacher training credential, if desired.

Naropa University is a Registered Yoga School (RYS) with Yoga Alliance.

### Yoga Teacher Training Requirements

#### Core Requirements

TRA100	Shambhala Meditation Practicum (3)
TRA133	Yoga I (3)
TRA233	Yoga II (3)
TRA333	Yoga III (3)
TRA433	Yoga IV (3)
TRA449	Yoga Teacher Training (3)
TRA453	Yoga History, Theory, and Philosophy (3)
TRA463	Yoga Meditation Practicum (3)
TRA489	Senior Colloquium (1)
TRA499	Independent Study (2)
PSYB100	Anatomy (3)
REL355	Sanskrit in the Sacred Traditions of India (3)
SUBTOTAL	33

#### Choose one of the following courses:

TRA114	Indian Devotional and Raga Singing (3)
REL330	Contemplative Hinduism (3)
REL334	Hindu Yoga-Tantra (3)
SUBTOTAL	3

#### TOTAL CREDITS 36

*\*This fact sheet describes the 2011–12 curriculum for the Traditional Eastern Arts major. Naropa University faculty and staff are committed to regular review and revision of the curriculum, to reflect new findings and understandings in the field, feedback from alumni and the professional community, and faculty expertise. Please inquire with the Office of Admissions and/or the School of the Humanities and Interdisciplinary Studies for any curricular changes that are being considered for future academic years.*

### Minor in Traditional Eastern Arts

To minor in Traditional Eastern Arts, students must complete 9 credits in one awareness discipline (t'ai-chi ch'uan, yoga or aikido), plus 3 credits in another TRA course.

### Certificate Program in Traditional Eastern Arts Yoga Teacher Training

The Traditional Eastern Arts certificate program is a two-year, 30-credit program designed to give the student proficiency in teaching yoga (18 credits), a foundation of sitting meditation (6 credits), anatomy (3 credits), and one elective (3 credits).

#### Required Courses

TRA100	Shambhala Meditation Practicum (3)
TRA133	Yoga I (3)
TRA233	Yoga II (3)
TRA333	Yoga III (3)
TRA433	Yoga IV (3)
TRA449	Yoga V (3)
TRA453	Yoga History, Theory, and Philosophy (3)
TRA463	Yoga Meditation Practicum (3)
PSYB100	Anatomy (3)

#### Choose one of the following courses:

TRA114	Indian Devotional and Raga Singing (3)
REL330	Contemplative Hinduism (3)
REL334	Hindu Yoga-Tantra (3)

#### TOTAL CREDITS 30

### Career Preparation

Seeing that Naropa University is a liberal arts college and not a vocational school, we recommend that our graduates pursue advanced studies in the

fields of their choosing. Our graduates are well prepared to advance their studies in fields that are in alignment with their passion and their inclinations. They gain clarity in the direction they want to continue: they start their own businesses in health and wellness clinics, recreation centers, hospitals, community agencies; they continue on to advanced studies in psychology and counseling; they undertake a wide variety of specialized studies from acupuncture to computer programming. We set the foundation for our graduates to pursue any direction they want to pursue with the likelihood that they will succeed in their chosen lifelong profession. We teach skills that are transferable, adaptive, self-actualizing, and unlimited in their applications in the real world.

### Traditional Eastern Arts Ranked Faculty

#### Bataan Faigao (T'ai-chi Ch'uan Concentration)

BA, University of San Carlos (Philippines); MA, New York University; MFA, Naropa University.

Bataan Faigao began studying t'ai-chi ch'uan with Grand Master Cheng Man-ch'ing in 1968 and for the next seven years practiced under his guidance. He has been teaching t'ai-chi ch'uan since 1976. He is a full-time faculty member at Naropa University. He is also co-director of the Rocky Mountain T'ai-chi Ch'uan Foundation.

#### Nataraja Kallio (Yoga Teacher Training)

BA, Naropa University; MA, Naropa University.

Nataraja has been a student of yoga since 1989, seven years of which he spent in India, studying extensively in the lineages of Sri Aurobindo, Krishnamacharya (Iyengar, Ashtanga and Viniyoga), Swami Sivananda and Swami Satyananda Saraswati. He has taught yoga at Naropa since 2000 and created the Naropa Yoga Teacher Training concentration. Nataraja presents yoga in a broad light, integrating the full breadth of practice, including asana, pranayama and meditation, with a deep understanding of the tradition's diverse history, theory and philosophy.

#### Jude Blitz, Yondan (fourth degree black belt), (Aikido Concentration)

BA, University of Missouri; MA, Antioch University.

Jude Blitz has been a student of Hiroshi Ikeda, Shihan, and Mitsugi Saotome, Shihan, since 1980. She has taught aikido at Naropa since 1989. She is a psychotherapist in private practice emphasizing embodied wisdom from areas of certification in Hakomi therapy, Shadow Work®, Systemic Constellation Work, and 4 Gateways Coaching. Jude co-founded and facilitates the Women in Power Program in the United States and the United Kingdom.

### Ranked Faculty from Other Departments

Lee Worley (Contemplative Education)

### Adjunct Faculty

Jude Blitz, Sreedevi Bringi, Hiroshi Ikeda Sensei, Chaitanya Mahmud Kabir, Linda Morrell, Mitsugi Saotome Sensei, Alexandra Shenpen, Tom Weiser, Jim Yensan

### Declaring a Major in Traditional Eastern Arts

Most students enter Naropa University as first-year students and declare a major after completing 30 credits. In addition to adhering to university requirements and deadlines, Traditional Eastern Arts requires a meeting with the department chair.

### BA in Traditional Eastern Arts Admission Requirements Campus Tours

You are strongly encouraged to visit Naropa University. Events for prospective students are scheduled every fall and spring. See [www.naropa.edu/admissions/ugrad\\_events.cfm](http://www.naropa.edu/admissions/ugrad_events.cfm) for more information. The visitation coordinator will be happy to arrange for you to meet with an admissions counselor or a member of our faculty, visit a class or take a campus tour. Arapahoe Campus tours are offered Monday through Friday at 2 p.m. in the main lobby of

the Administration Building. The visitation coordinator can be contacted at 303-546-3548 or 1-800-772-6951 (within North America) or by email at [admissionsevents@naropa.edu](mailto:admissionsevents@naropa.edu). You can also use the online Visitation Request form or you may view our campus from the online tour.

### **Priority Deadlines**

Naropa University uses a rolling admission policy. Applicants may apply as early as September for summer and fall admission. Applications received between September 1 and the priority deadline will be given equal consideration. Applications received after the priority deadline will be reviewed on a space-available basis.

- January 15 for fall semester admission
- October 15 for spring semester admission

Please contact the Office of Admissions at 303-546-3572 or 1-800-772-6951 (within North America) for more information.

### **Application Requirements**

There are three ways of applying to Naropa University:

1. Apply online at [www.naropa.edu/apply](http://www.naropa.edu/apply) or [www.commonapp.org](http://www.commonapp.org).
2. Download the Naropa undergraduate application form at [www.naropa.edu/ugradapply](http://www.naropa.edu/ugradapply).
3. Request that an application be sent to you in the mail.

To apply for admission to the Traditional Eastern Arts major, the following is required:

1. Parts A and B of application form.
2. \$50 nonrefundable fee in the form of a check or money order, payable to "Naropa University." Applicant's name must be clearly indicated on the check.
3. Part C of the application form—three essays (all must be typed).
4. Official college transcript for every university attended (must be sent in a sealed envelope from the registrar), showing proof of 30 semester credits.
5. Letter of recommendation from a teacher or guidance counselor. If you have been out of school for more than three years, please request a letter of recommendation from a supervisor. This letter must be on or attached to the form provided.
6. A phone or in-person interview.

If you have fewer than 30 semester credits, you must apply to Naropa University as an undeclared student. See [www.naropa.edu/ugradapply](http://www.naropa.edu/ugradapply) for specific admission requirements. If you have 30 or more semester credits, you may apply directly to the major.