

MAJOR IN TRADITIONAL EASTERN ARTS BACHELOR OF ARTS 2010–11

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.

TRADITIONAL EASTERN ARTS REQUIREMENTS* T'AI-CHI CH'UAN AND AIKIDO CONCENTRATIONS

Core Courses

TRA 100	Shambhala Meditation Practicum I (3)
TRA 130	Exploring the Traditional Eastern Arts (2)
TRA 463	Yoga Meditation Practicum (3)
TRA 489	Senior Colloquium (1)
PSYB 100	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 (TRA 105, 205, 305, 405, 455, 490, 493, 496)
SUBTOTAL 24

Choose 12 credits from the following courses:

TRA 120	Ikebana/Kado I (3)
TRA 499	Independent Study (1)
ART 181	Traditional Chinese Brush Stroke I (3)
PSYB 303	Psychology of the Five Elements I (3)
REL 156W	Zen Intensive Weekend (1)
REL 345	Zen Buddhism (3)

SUBTOTAL 12

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 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 (TRA 110, 210, 310, 410, 450, 487, 491, 494)

SUBTOTAL 24

Choose 12 credits from the following courses:

TRA 120	Ikebana/Kado I (3)
TRA 437	Seminar – Ikeda Sensei (0.5) (can be taken twice)
TRA 447	Seminar – Saotome Sensei (0.5) (can be taken twice)
TRA 499	Independent Study (1)
ART 181	Traditional Chinese Brush Stroke I (3)
REL 156W	Zen Intensive Weekend (1)
REL 345	Zen Buddhism (3)

SUBTOTAL 12

TOTAL CREDITS 36

Yoga Teacher Training

“Yoga chitta vritti narodha. Tada Drashtuh svarupe vasthananam. 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

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

TRA 100	Shambhala Meditation Practicum (3)
TRA 133	Yoga I (3)
TRA 233	Yoga II (3)
TRA 333	Yoga III (3)
TRA 433	Yoga IV (3)
TRA 449	Yoga Teacher Training (3)
TRA 453	Yoga History, Theory and Philosophy (3)
TRA 463	Yoga Meditation Practicum (3)
TRA 489	Senior Colloquium (1)
TRA 499	Independent Study (1)
PSYB 100	Anatomy (3)
REL 277	Sanskrit I (4)
SUBTOTAL	33

Choose one of the following courses:

TRA 114	Indian Devotional and Raga Singing (3)
REL 330	Contemplative Hinduism (3)
SUBTOTAL	3

TOTAL CREDITS 36

**This fact sheet describes the 2009–10 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 Department of Traditional Eastern Arts 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) and anatomy (3 credits) and one elective (3 credits).

Required Courses

TRA 100	Shambhala Meditation Practicum I (3)
TRA 133, 233, 333, 433, 449	Yoga I–V (15)
TRA 453	Yoga History, Theory and Philosophy (3)
TRA 463	Yoga Meditation Practicum (3)
PSYB 100	Anatomy (3)

Choose one of the following courses:

TRA 114	Indian Devotional and Raga Singing (3)
REL 330	Contemplative Hinduism (3)

TOTAL CREDITS 30

Careers

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 better 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 to advanced studies in psychology and counseling; they go to a wide variety of specialized studies from acupuncture schools 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.

Director, Canvas Community Art Studio; Juneau, AK

Traditional Eastern Arts Faculty

Bataan Faigao, Chair, T'ai-chi Ch'uan

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 and chair of the Traditional Eastern Arts Department. He is also co-director of the Rocky Mountain T'ai-chi Ch'uan Foundation.

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

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.

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.

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, Larry Welsh, 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.

TRADITIONAL EASTERN ARTS ADMISSION REQUIREMENTS

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 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 admissions@naropa.edu. You can also use the online Visitation Request form or you may view our campus from the online tour.

There are three ways of applying to Naropa University:

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

Please note that if you are applying as a transfer student directly into a major, that academic department might require a supplemental application. See www.naropa.edu/ugradapply for details.

Suggested 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 suggested deadline will be given equal consideration. Applications received after the suggested 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 800-772-6951 (within North America) for more information

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

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

APPLICATION REQUIREMENTS

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 – 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. Letters of Recommendation: One from a teacher and one from another teacher, counselor or someone who knows the applicant well other than a family member or a current therapist. These must be on the forms provided.
6. A phone or in-person interview.