


Universal Yoga at the University at Buffalo

Randall Borst, Director UB Disability Services
reborst@buffalo.edu
Susan Mann Dolce PhD
Assistant Director Consultation & Research Disability Services
samann@buffalo.edu



Overview

- Introduction (15 minutes, Randy)
- Short seated yoga practice (15 minutes, Sue)
- Universal Yoga Video (15 minutes)
- Questions about the video (15 – 30 minutes)
- Development of the program at UB (15 minutes)
- Current outcome data (15 minutes)
- Future plans
- Interested in starting a program at your school?

Development of Universal Yoga at UB

- To create meaningful co-curricular programming accessible to all students.
- Planning began fall 2007.
- Collaborative model.
- Pilot (3 classes) spring 2008.
- Currently 6 classes in fall and spring semesters.
- Working on pilot class for the fall 2010 (additional 4 weeks).
- Now teaching UBE 496: Universal Yoga as an academic class in which the Universal Yoga classes are imbedded.

Essential Features of Development

- Disability Services took the lead in program development.
- Developed with support of UB Student Wellness Team and School of Public Health and Health Professions wellness minor.
- Matthew Sanford visited UB spring 2009 for video and teaching.
- Initially the Newman Center and then Recreational and Intramurals provided space and prop storage.
- UB Life and Learning Workshops & UB Websites provide marketing and some data support.

Outcome Data

- Over 500 students participating in at least one Universal yoga class since spring 2008.
- Approximately 15% of participating students indicate having a disability on feedback form at end of class.
- No negative comments on feedback forms, although suggestions for change in narrative section.
- 100% of participants report agreeing or strongly agreeing with the following statements:
 - I feel more relaxed after taking Universal Yoga.
 - Universal Yoga is a positive thing to do for myself.

Future Plans

- Continue to build student internship support.
- Have all Universal Yoga teachers receive Level 2 training with Matthew Sanford spring 2011.
- Exploring research opportunities.
- Develop campus wide "mind-body summits" fall and spring 2010 – 2011 to explore communication and collaboration potential university wide.
- Continue to use the Universal Yoga video as a tool for teaching about Universal Design through classroom teaching and presentations on and off campus (Com 663: Health Communication Campaigns).
