

### Independent Research Proposal

ខ្ញុំចង់បង្ហាញការិយកម្មYoga។ ខ្ញុំចង់ធ្វើ independent research on this topic ពីព្រោះទីមួយខ្ញុំចង់ឲ្យគ្រប់គ្នា understand how yoga can be beneficial to our health and our inner wellbeing. ខ្ញុំ intend to do this by producing and starring in a ២៥-៣០ minute instructional/ exercise video intended for beginners of yoga. ខ្ញុំបាន commissioned Allie to be an “assistant” and act in the video. Aside from using some sanskirt terms, the video will be spoken entirely in ខ្មែរ with some ខ្មែរ subtitles. Since many ខ្មែរ people may not be familiar with yoga, the exercise video will introduce very basic movements that anyone can do. ខ្ញុំ have already began collecting resources such as books on yoga, yoga workout dvds, and ខ្ញុំ have talked with yoga instructors here in Madison. Since ខ្ញុំ am familiar with the actual practice and attend yoga sessions regularly ខ្ញុំ will also relay on my personal experience as a source of information.

**Physical product:** Physical products will consist of a ២៥-៣០ minute exercise video and a deck of “yoga on the go” cards (១០) that will have pictures of the poses on one side and step by step instructions written in ខ្មែរ on the back.

**In Class Presentation:** For the in-class presentation, ខ្ញុំ will begin with an introduction of yoga, its origins, who practiced it originally and who practices it now, and the different types of yoga, etc (៥ minutes). Then ខ្ញុំ will speak about why yoga is beneficial to our health and how it can help with back problems, digestive issues, etc. Here ខ្ញុំ will also try to “sell” the practice of yoga to the ខ្មែរ population who are farmers, students, secretaries, etc and have body aches (៥ minutes) and explain to these populations how yoga can strengthen their muscles, increase

flexibility and energy (15 minutes). Then 20 will show a portion of the video and explain the mechanics of yoga (breathe work, placement of hands, etc. (10 minutes). Afterwards, 20 will either demonstrate some yoga moves or show the audience what is done before a yoga session to prepare for the session (singing kurtan or meditation) (9 minute).

**Time line:**

Week 1: Review sources, pick out poses and variations for Allie to do (for the video), and pick out 30 poses to photograph for card decks. End of week 1, photograph poses in preparation for photoshop, begin typing step by step instructions for the deck poses in photoshop.

Week 2: Write script for exercise video (to be completed by end of the week), photoshop photographs, do layout for card deck, and continue writing step by step instructions for deck cards. Schedule time to rehearse poses with Allie for next week.

Week 3: Beginning of the week, do a practice session with Allie. End of the week, video tape the actual exercise. Continue working on card deck.

Week 4: Laminate completed card deck at Kinko's by the end of the week, edit video by adding subtitles, and title screen. Write speech for in class presentation and practice.

Week 5: In early week 5 practice speech for in class presentation.