

Final_Yoga I_2020

Due: May 12th at Noon

Yogis,

Here is your final assignment. You have two (2) options to choose from for your final assignment. It is due to me by tomorrow, 5/12/2020 at noon.

It has been a pleasure to practice with each of you this semester. I hope you found the class worthwhile. Please know I'm always open to feedback so I can continuously improve as a teacher. If you have any feedback, please send it my way! Even if you decided yoga is not for you, I'm proud of you for trying something new. I hope a few of the mindfulness techniques are something you can take with you off of the mat.

Please stay in touch. My personal email address is dynamicyogabydesign@gmail.com.

I wish you all the best in your future endeavors.

Namaste,

Mrs. Houston

DATE	Options	Assignment
Option 1	<ul style="list-style-type: none">Read Why is Savasana the Hardest Pose	<p>Answer the following questions:</p> <ul style="list-style-type: none">What is savasana?Why is savasana challenging for some yoga students?Do you find savasana challenging? Why or why not?What are some techniques you can use during savasana?
Option 2	<ul style="list-style-type: none">Complete a yoga practice of your choosing. You may find a new video online or you may choose a new video. You can also complete a series of poses you feel you need if you opt not to use a yoga video.	<ul style="list-style-type: none">Before your practice, reflect on the following:<ul style="list-style-type: none">How are you feeling physically, <i>right now</i>?How are you feeling emotionally, <i>right now</i>?POST-YOGA : Answer the following questions in written form (10 – 15 sentences):<ul style="list-style-type: none">How are you feeling physically, <i>right now</i>?How are you feeling emotionally, <i>right now</i>?

		<ul style="list-style-type: none">○ Compare and contrast how you felt before practicing to how you feel after practicing yoga.
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