

Date		Assignment Description
	Overview	Assignment
Tuesday, May 5 th	Learn about walking meditations by clicking here . (Make sure you keep scrolling past the button that says “free trial”).	<ul style="list-style-type: none"> Click here to access this practice. (20 minutes) Before your practice your walking meditation, 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-Meditation practice : 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>? How was this similar and/or different than a yoga practice? Answer these questions using 10-15 sentences. <p>Due Date: Friday May 8th</p>
Thursday, May 7 th	Yogi’s Choice	<ul style="list-style-type: none"> Complete another walking meditation or complete a yoga practice of your choice. You can repeat a video from an earlier assignment, you can just do poses you choose to do, or you can find a new video online. Answer the following questions: <ul style="list-style-type: none"> Which practice did you choose? Why? Describe your experience 10 sentences <p>Due Date: Friday May 8th</p>