

Date		Assignment Description
	Overview	Assignment
Tuesday, May 5 <sup>th</sup>	Learn about walking meditations by clicking <a href="#">here</a> . (Make sure you keep scrolling past the button that says “free trial”).	<ul style="list-style-type: none"> <li>• Click <a href="#">here</a> to access this practice. (20 minutes)</li> <li>• Before your practice your walking meditation, reflect on the following: <ul style="list-style-type: none"> <li>○ How are you feeling physically, <i>right now</i>?</li> <li>○ How are you feeling emotionally, <i>right now</i>?</li> </ul> </li> <li>• <b>POST-Meditation practice</b> : Answer the following questions in written form (10 – 15 sentences): <ul style="list-style-type: none"> <li>○ How are you feeling physically, <i>right now</i>?</li> <li>○ How are you feeling emotionally, <i>right now</i>?</li> <li>○ How was this similar and/or different than a yoga practice?</li> </ul> </li> <li>• Answer these questions using 10-15 sentences.</li> </ul> <p><b>Due Date: Friday May 8<sup>th</sup></b></p>
Thursday, May 7 <sup>th</sup>	Yogi’s Choice	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Answer the following questions: <ul style="list-style-type: none"> <li>○ Which practice did you choose? Why?</li> <li>○ Describe your experience</li> <li>○ 10 sentences</li> </ul> </li> </ul> <p><b>Due Date: Friday May 8<sup>th</sup></b></p>