

Date		Assignment Description
	Overview	Assignment
Tuesday, April 7	Yoga and Trauma <i>The following interview is with Dr. Bessel Van Der Kolk, author of <u>The Body Keeps the Score</u>.</i>	<ul style="list-style-type: none"> Complete this reading: Interview with Dr. Bessel Van Der Kolk Answer the following reading: <ul style="list-style-type: none"> What is trauma? According to the article, have most people experienced trauma? Is yoga a helpful for trauma victims? Why or why not? 10-15 sentences <p>Due Date: Friday April 10th</p>
Thursday, April 9 th	Yoga and the Military	<ul style="list-style-type: none"> Complete this reading: Yoga and Veterans: A Different Type of Warrior Answer the following questions: <ol style="list-style-type: none"> What similarity does the author draw between yoga and military life? (Provide the quotation). Who is your “commanding officer” during your yoga practice according to one veteran teacher? (1 sentence) Answer the following questions using 5-10 sentences <ul style="list-style-type: none"> What must yoga teachers consider when teaching veterans? How might this differ from a yoga class with nonveterans? Which teacher’s approach did you appreciate the most? Why? <p>Due Date: Friday April 10th</p>

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Tuesday, April 14 th	Student holiday, no class	Student holiday, no class
Thursday, April 16 th	Prison Yoga Project <ul style="list-style-type: none"> - Complete the two readings below and then answer the assigned questions. Please make sure you answer the questions in your own words, using quotation marks when appropriate. 	<p>Read the following Page: Prison Yoga Project</p> <ul style="list-style-type: none"> • Define recidivism. (This is not in the article. You will need to go to a dictionary if you are unfamiliar with this word). • What percent of incarcerated people will eventually be released from jail? Why might it be helpful for these people to have yoga while incarcerated? • What is restorative justice? • What is the mission of the Prison Yoga Project? <p>Due Date: Friday, April 17th</p>
Tuesday, April 21 st	Yoga in Schools	<p>Attendance Requirement:</p> <p>Read the following Article: Seven Ways That Yoga Is Good for Schools</p> <ul style="list-style-type: none"> • List the 7 ways the author believes yoga benefits schools • Describe how you use yoga as a college student. How do you take your yoga “off the mat.” <p>Due Date: Friday, April 24th</p>
Thursday April 23 rd	Synthesis of articles, GRADED ESSAY	<p>Graded Essay: 1 page, size 12 font</p> <ul style="list-style-type: none"> • Using quotations from the articles over the last two weeks, complete an essay on the following: • A famous yoga quote is, “Yoga is the journey of the self, through the self, to the self.” – Bhagavad Gita <ul style="list-style-type: none"> ○ Do you agree with this quote? Why or why not? Use the articles from the past two weeks and other sources to answer this question. Please cite all of your sources using footnotes. <p>Due Date: Friday, April 24th</p>