

Yogis,

You are each in my thoughts. While it saddens me to not practice alongside you, I know the decision to move classes to an online platform is in the interest of public health.

My hope is that these assignments provide you with an outlet to nurture yourself. While I normally do not provide my cell phone to students, I want to make sure you have access to me in case you have questions about your upcoming yoga assignments. My cell phone number is (deleted for website – CCCC students please access through Blackboard). You may call or text me as questions arise. As always, you may also email me. If you plan to call/text me, please do so within the hours of 8AM and 8PM. If I miss your call, I will respond as soon as I can. Please allow 24 hours for a response during the work week (Monday – Friday).

You must complete the assignment in its entirety to be marked present for each date. If you do not meet the assignment requirements, you will be marked absent for that class date. For the next two weeks, assignments will be due on Friday, but this is subject to change after April 2nd.

Your next graded assignment will be due on **Friday, April 3rd at noon**. Please read below for your graded assignment.

Be Well,

Mrs. Houston

Graded Assignment

- Maintain a daily gratitude journal from Tuesday, **March 24th – Thursday, April 2nd**
- **Clearly date each entry and underline the date.**
- **Write 5+ “gratitudes” each day under the date.** I know you might not have daily computer access. This assignment may be done on paper if need be. You can take a photo of the paper and email me your entries at shous224@cccc.edu. If you have daily access to a computer, please submit this assignment as a word document.
- **This assignment is due on Friday, April 3rd at noon.** For each day it is late, 15 points will be deducted from the assignment.
- **This assignment is worth 50 points.**

- **Example:**

Tuesday, March 17th

1. I am thankful that my son took a long nap today.
2. I am thankful I can call family members and friends during these uncertain times. I can't imagine what life was like without the luxuries of phone access during the Spanish Flu of 1918! We are so lucky we can stay in touch with the ones we love most.
3. My son's giggles...best noise in the whole, wide world.
4. My husband vacuumed the house when he got home. Love him!
5. My sister's delivery last week was a positive experience and her new addition is doing well. I'm an auntie!😊

Remember our article from the start of the semester on gratitude? If not, click [here](#). Practicing an attitude of gratitude positively affects your brain! Now is the perfect time to keep a gratitude journal. Need some gratitude prompts to help focus on the positive? Click [here](#).

Date		Assignment Description
	Overview	Assignment
Tuesday, March 24 th	<p>This Gentle Yoga practice is led by one of my teachers, Michael Johnson. To learn more about him, click here. He is offering this Gentle Yoga practice for free given the uniqueness of these times.</p>	<ul style="list-style-type: none"> Click here to access this practice. (20 minutes) 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 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>? Compare and contrast how you felt before practicing to how you feel after practicing yoga. Answer these questions using 10-15 sentences. <p>Due Date: Friday March 27th</p>
Thursday, March 26 th	<p>“Your mind and body are intimately connected. And while your brain is the master control system for your body’s movement, the way you move can also affect the way you think and feel.” (Source: Harvard Health)</p> <p>Let’s get moving with this practice. It’s so easy to be sucked in by the news and the constant posts on social media. Take time to move.</p>	<ul style="list-style-type: none"> Click here to access this practice by Faith Hunter. She teaches in DC (and around the world) if you ever want to practice with her! (30 minutes) Modify the practice as needed. Write a brief 5-10 sentence reflection about your practice: <ul style="list-style-type: none"> Describe the mudra Faith used during her class. What was the purpose of this mudra? What parts of the sequence did you enjoy most? <p>Due Date: Friday March 27th</p>

DATE	Overview	Assignment
Tuesday, March 31 st	Restorative Yoga “The antidote to stress is relaxation. To relax is to rest deeply. This rest is different from sleep. Deep states of sleep include periods of dreaming, which increase muscular tension, as well as other physiological signs of tension. Relaxation is a state in which there is no movement, no effort, and the brain is quiet. Common to all stress reduction techniques is putting the body in a comfortable position, with gentle attention directed toward the breath. Do these techniques really work? Scientists have researched the effects of relaxation and report measurable benefits, including reduction in muscle tension and improved circulation.” Judith Hanson Lasater, Ph.D., P.T.	Restorative yoga is for those times you need to relax. While these uncertain times may be stressful, we can take advantage of the self-distancing and isolation by nurturing our body through yoga and meditation. (I know this is harder than it sounds. I’m writing this after hearing my ten-month-old cry for 10 minutes with my husband prior to bedtime! But trust me, you’ll be glad you took the time to do this!). <ul style="list-style-type: none"> Complete the following restorative practice by Kathryn Budig by clicking here. (15 – 20 minutes) Answer the following questions: <ul style="list-style-type: none"> What was it like to practice on your own without a teacher guiding you? How does restorative yoga differ from our practices in class? What did you notice about your mind during this practice? Were there any poses you needed to modify/adjust to meet your physical needs? Answer these questions using 10-15 sentences. Due Date: April 3rd
Thursday, April 2 nd	Yogi’s Choice: <ul style="list-style-type: none"> How are you feeling today? Take time to note how you are feeling BEFORE practice and AFTER practice. <p>The gentle practice is led by Jason Crandell. <i>In addition to leading workshops around the world, he writes for Yoga Journal. His wife, Andrea Ferretti, started the YogaLand podcast which I highly recommend if you become a yoga teacher one day.</i></p> <p>The core work is led by Andrew Sealy. Check out his Instagram if you want to see some incredible postures!</p>	Option 1 (Gentle Yoga): Click here . (15 minutes) Option 2 (Core Focused Yoga): Click here . (20 minutes) <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>? Compare and contrast how you felt before practicing to how you feel after practicing yoga. Due Date: April 3rd

