

1. What did you learn about “Lifelong Wellness” from taking this class?

Our bodies are only as good as what we put in to them, so we need to fuel our bodies with foods that are nutritious and clean. Mental health is every bit as important as physical health, and through yoga, the physical body and the mind come together. Strengthening the connection between the mind and the body improves mental health, and helps to manage the stress we feel by focusing the mind and freeing the negative energy.

2. How has learning about and applying “Lifelong Wellness” concepts impacted your life (home, school, work, relationships, etc)?

All of my immediate family members have various mental health issues, and I have always been very proud of my own stable mental health, never really having suffered from depression or anxiety. This past year, however, some events in my life have stirred up some emotions that I haven't experienced before. I am very grateful that I have been studying yoga this semester, as I have learned to cope with these events and with these emotions in a healthy way. Practicing yoga asana and pranayama has helped me release my emotions and meditation has helped me focus my mind on healthier aspects of my life. This course taught about taking care of your body by feeding it with healthy, nutritious, clean food. As I have improved my own diet, I have lost weight which I am very happy about.

3. What is your intention to continue to exercise in your life and why?

I love running and yoga. To continue running, I make sure to sign up for 6-10 races each year to keep me motivated to train consistently. I am signed up for a half marathon in April and intend to run 5 more half marathons in 2017 in addition to multiple 10k and 5k races.

This summer, I plan to become a certified yoga instructor through the courses offered at SLCC. Once I am a certified yoga instructor, I would like to create a Yoga club at the high school in which I teach. So many students have expressed an interest in yoga and I have personally experienced the stress relieving benefits of yoga and I know that this would be an incredibly valuable skill for high school students to learn.

4. General ideas for improving this course?

I absolutely loved Yoga 1057. The only thing that would improve this class is for the instructor to remind students before doing asanas that phones need to be off and not just on silent. Several classes were interrupted by phone alarms, vibrating phones, etc.. Although the syllabus states phones need to be off, the millennial generation needs to be reminded what “off” means.

I didn't really love doing partner asanas so early in the term. I'd rather save them until near the end of the term when we are more comfortable with each other.