YOGA JOURNAL NOTES: Personal Yoga Experience
A practice in introspection
Letting your inner self emerge onto the written page

As you write your journal notes you should refer to what you have learned or experienced in this class. You can specifically refer to what has been helpful to you or beneficial as you move through other areas of your life. What new perspectives do you have?
Explore your inner self.
A few general ideas are –
Skills and practices that you learn in this yoga class which increase your abilities in other classes that you are taking here at college.
Skills such as the way you interact with other people.
Or maybe physical health issues. You may notice that it is easier for you to be creative or that it is easier for you to concentrate.
A few specific course reader pages that can be of help are: Yoga benefits, Daily Yoga, What are you Expecting, Personal Assessment, Alignment Assignment.

*On the cover include your name, the course number, section number and semester and total word count.
*Staple or fasten all your pages together. Do not use paper with ragged edges.
*Turn in a copy if you want to keep the original for yourself.
*Write throughout the semester, not all at once. This will allow personal insights to percolate to the surface.

There is a minimum length for each grade designation.
2,700 words minimum for A level
2,100 words minimum for B level
1,500 words minimum for C level
You may either type or hand write them but make sure that everything is legible.
I am not specific in regards to what you should write about, because it will be different for each person in the class. You do not need to include dates.
Write from an introspective creative personal point of view, do not repeat technically what we do in class. Content is important. (introspective vs. intellectual)
It can be one long narrative or many short topics.
Grammar and punctuation are not as important as the overall creative flow is.

Write periodically throughout the semester.
You can write once a week if you would like to or every couple of weeks - which ever pacing works best for you.
Just don’t leave it all until the end of the semester.
You can turn them in early.

Due November 22nd or sooner
Emailed papers are not accepted.
Include Total Word Count on Title Page