

YOGA JOURNAL NOTES : Personal Yoga Experience

A practice in introspection + Personal insights
Letting your inner self emerge onto the written page.

As you write your journal notes, you can refer to experiences you have had in class or new ideas you have learned in this class. You can refer to aspects of this class that are helpful or beneficial in 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 front page include your name, the course number, section number, semester and total word count.

* 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

2,100 words minimum for "B")

1,500 words minimum for "C

1,500 words minimum for CR/NC

Write from an introspective creative personal point of view, do not repeat technically what we do in class.

Content is important. (introspective vs intellectual)

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

It can be one long narrative or many individual topics.

Grammar, punctuation and page format are not as important as the creative flow.

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.

Include total word count on title page.

You will be submitting your journal notes on line near the end of the semester.

I will give you a specific date for this during the semester