

Lifelong Wellness Application Paper

Write a **paragraph** on **each** of the following:

1. What did you learn about “lifelong wellness” from taking this General Education class?
By taking this yoga course I learned about the importance of incorporating exercise and spiritual practice in my life. School can be hard but made more manageable with the integration of physical exercise and movement of prana. I have learned about the chakra systems and about certain breathing techniques that facilitate the flow of prana. I have come to understand the importance of staying dedicated to a yoga practice; when one gets out of the habit of practicing, it's made more difficult to get started again.
2. How would you apply this information to your life?
I would apply the knowledge and discipline I learned in yoga class as motivation in my life. Along the same lines of staying focused and dedicated, I would certainly say that I will apply my new-found appreciation for yoga practice to keep me active. By instituting the breathing techniques I learned in this yoga class, I will be better able to reduce stress and deal with difficult situations in my life (sending metta). I would also apply the concept of living in the moment that I learned in yoga class. A lot of times, I get so caught up in planning for my day and all of the tasks I must complete; it's so much more liberating and effective to appreciate the present moment and accept it for what it is.
3. What is your intention to continue to practice what you have learned in your life and why?
I honestly don't intend on continuing to practice yoga outside of class. I understand the importance of practice, but I feel much more comfortable practicing yoga in a class with an instructor than practicing on my own. If I do continue to practice, I will probably sign up for private yoga lessons with an instructor close to my home. I'd even like to check out new forms of yoga which include the use of warm steam while practicing.
4. General ideas for improving this course?
I would certainly suggest adding variety in the practice. I understand that repetition is necessary for learning, but it would have been nice to have a wider variety of poses in our practices.