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 **FNDN 102 Personal Application Assignment** | Yoga/Meditative Stretching

**INTRODUCTION**Derived from the Sanskrit word “yuji,” meaning yoke or union, yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. There are many types of yoga practices, including hatha, vinyasa, iyengar, ashtanga, bikram, hot, kundalini, yin, and restorative, to name the most common. Western forms of yoga most often include variations on hatha yoga, which focus on *asanas*, or poses. Research has found that practicing yoga can produce the physical, psychological and quality of life benefits (Gothe et al., 2019). Systematic and meta-analytic reviews of randomized control trials have found positive associations between yoga practice and improvements in diabetes (Aljasir et al., 2010; Innes et al., 2007), cardiovascular function (Chu et al., 2016) and musculoskeletal conditions ((Larson-Meyer, 2016; Swain et al.,2014). There is also considerable evidence for the beneficial effects of yoga practice on mental health including anxiety (Kirkwood et al., 2005), stress ((Chong et al., 2011; Pascoe et al., 2015) depression (Pilkington et al., 2005; Cramer et al 2013) and overall quality of life (Bussing et al., (2012).

**PART 1 | Participate and Record**

Record your yoga practices for one week (see weekly log sheet below)

You will complete a total of 150 minutes of yoga over a minimum of three, 50 minute sessions. You may choose to break this time into three 50-minute sessions, or more frequent, shorter practices. There are hundreds of YouTube videos that take viewers through a practice. Select videos designed by registered yoga teachers (RYT 200), such as yoga with Adriene. Here are three options from ‘Yoga with Adriene” or find your own.

Yoga for beginners - <https://www.youtube.com/watch?v=v7AYKMP6rOE>

Yoga for anxiety and stress- <https://www.youtube.com/watch?v=hJbRpHZr_d0>

Yoga for strength and flexibility (flow)- <https://www.youtube.com/watch?v=b1H3xO3x_Js>

**Record Logistics**

**Time:** comment on your scheduling (frequency/duration/time of day). Was this scheduling optimal? Why or why not?

**Location:** where did you practice, and with whom (if applicable)? Was this setting ideal? Why or why not?

**Style:** what style(s) of yoga did you practice? Did you prefer one style more than another, or certain poses more than others

**PART 2 | Reflect on your week of yoga practice**

In one page, reflect on your program/experience. You will need to be specific and concise in answering the following questions

1. Why did you choose the style of yoga, schedules and facilities (in person or video) for your week long practisce?
2. Reflect on how your practice impacted your quality of life. Did you experience any physical/mental/spiritual benefits? Can you be specific?
3. Would you continue, alter, or discontinue this Yoga practice, and why/why not?

**FNDN 102 Yoga Practice Log (1 Week)**

**Goal: 150 minutes of yoga practice**

|  |  |  |  |
| --- | --- | --- | --- |
| **DAY** | **Type of Yoga** | **Location** | **Length (minutes)** |
| **MON** |  |  |  |
| **TUES** |  |  |  |
| **WED** |  |  |  |
| **THURS** |  |  |  |
| **FRI** |  |  |  |
| **SAT** |  |  |  |
| **SUN** |  |  |  |

**Reference list**

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**Yoga and Meditative Stretching marking rubric (50)**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value -10** | **MARK- 10** |
| Log submitted (1) | 1 pt for including log in assignment  | **1** | 1 |
| Log completed (9) | Criteria: 150 minutes spread out over a minimum of three sessions. Provide a brief description of the type of movements used in.. | **9** | 9 |
|  |  Sub-total | **10** | 10 |
|  |  |  |  |
| **REFLECTION QUESTIONS** |  | **Value -35** | **MARK- 35** |
| Questions answered | (3 x 1 pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Degree of engagement | 5 – Basic response (little to no detail) / 7.5 – Adequate detail / 10 – Detailed, precise | 10 | 10 |
| 2. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  |  Sub-total | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value- 5** | **MARK-5** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  Sub-total | **5** | **5** |
|  |  |  |  |
|  |  Total | **50** | **50** |
|  |  |  |  |
|  |  |  |  |
| **COMMENTS** |  |  |  |