Assignment: What We Bring

Overview
In this activity, you will explore the question: What do we bring to our yoga practice? Every practitioner brings with them their experiences, personalities, bodies, and values. How does a students' background - as an individual, within a community, and within society at large - impact their yoga practice?

In this activity, you will brainstorm some factors which might impact someone's yoga practice on a personal, interpersonal, and societal level. Then, you will reflect on what factors impact your own practice.

This activity is designed to get you thinking about both the variation in student backgrounds and bodies, as well as common societal themes which impact how we navigate wellness spaces.

Credit Hours: 1
Educational Category: TT&P

Instructions:

1. Consider the question: What do we bring to our yoga practice?
2. Brainstorm any factors that you believe might impact someone's yoga practice. Take a look at the template provided or create your own. Consider potential influences on a personal, interpersonal, and societal level. It may be helpful to reflect on the dimensions of mind, body, and spirit as well.
3. Then, complete this exercise with a focus on yourself. What factors have impacted your own yoga practice? What do you bring to the mat with you?

Deliverable:
You can fill out the template provided, or create some other means of representing this information. If you create an analog piece, you can submit a photo of your work.

Template/Example:
Click here to open the downloadable graphic organizer template.

