

**1. What connections have you had from what you've studied in this LW course with what you've learned from other courses you have taken at SLCC or have learned before taking this class? Make specific references to your work in this class and in other courses. How did what you learned in other courses enhance what you learned here, and vice versa?**

I think that this yoga class helps students to become more aware of physical and emotional health. Before taking this class I haven't given much thought about some of the things we went over, such as; exercise, hydration, flexibility/mobility, sleep and stress. One connection that I can make between yoga and other classes I have taken at SLCC is trying to be relaxed and less stressed. In yoga we had a discussion about stressors in our lives and how we dealt with them. In other classes I have been stressed from homework assignments, studying and test. It was nice to hear how other individuals deal with their stress, and that discussion will help benefit me in the future on how to deal with stress in a different way.

**2. Reflect on what you thought about fitness and lifelong wellness before you took this course and how you think about it now that you have completed the course. Have any of your assumptions or understandings changed? Why? What assignments/activities/readings were influential in this process? How will you approach what influenced you differently in the future?**

I have always thought that fitness is very important and that each individual should incorporate it into their everyday lives. However, my thoughts about yoga overall has now changed, and I now have a completely different mindset from when I first started this yoga class. I have learned that yoga teaches many different things, such as, focusing on breathing, setting a healthy and positive mindset, finding a healthy balance with everything in life, etc. Everything I learned in this class, I plan on incorporating it into my life because I have seen beneficial changes.