

Name \_\_\_\_\_ Per \_\_\_\_\_ RC \_\_\_\_\_

## YOGA UNIT JOURNAL ANSWERS TEMPLATE

YOU DO NOT HAVE TO ANSWER IN COMPLETE SENTENCES UNLESS IT IS SPECIFIED TO.

**DAY 1**    **DATE** \_\_\_\_\_

1. WHAT DO YOU THINK YOGA IS?

2. WHAT IS YOUR OPINION OF YOGA?

3. WHY DO YOU THINK WE ARE LEARNING YOGA IN MIDDLE SCHOOL? (2 REASONS)

4. HOW DO YOU THINK THAT BREATHING CAN HELP REDUCE STRESS?

5. WHAT ARE 3 THINGS THAT REALLY CAUSE YOU STRESS?

6. TRY AND THINK OF 3 THINGS THAT YOU DO THAT HELP YOU RELIEVE YOUR STRESS?

**DAY 2**    **DATE** \_\_\_\_\_

1. WHY CAN ABDOMINAL BREATHING BE A USEFUL STRESS REDUCTION TECHNIQUE?

2. WHAT KIND OF EMOTIONS/FEELINGS DID YOU EXPERIENCE DURING PMR? DID YOU FIND IT EFFECTIVE?

3. HOW CAN PMR HELP YOU DEAL WITH STRESS?

DAY 3      DATE\_\_\_\_\_

1. WHAT IS ORDER AND NAMES OF THE POSES FOR THE COMPLETE SUN SALUTATION?

POSE 1:                      POSE 2:                      POSE 3:                      POSE 4:

POSE 5:                      POSE 6:                      POSE 7:                      POSE 8:

POSE 9:                      POSE 10:                      POSE 11:

2. IF YOU COULD SOLUTE TO ANYTHING, WHAT WOULD IT BE? WHY?

DAY 4                      DATE\_\_\_\_\_

1. SO FAR, WHAT HAS BEEN THE MOST CHALLENGING ASPECT OF YOGA? WHY?

2. WHAT IS YOUR FAVORITE POSE? WHY?

DAY 5                      DATE\_\_\_\_\_

1. IN 2-3 SENTENCES, DESCRIBE THE BIGGEST BENEFIT YOU ARE GETTING FROM LEARNING YOGA.

DAY 6

1. IN 2-3 SENTENCES, DO YOU THINK YOU WILL USE YOGA LATER IN LIFE? WHY/WHY NOT?