

YISTT
Daily Practice Journal and Reflection on Practice Paper

This assignment was designed to bring your practice and your knowledge together. You can use the first person and you must cite your sources (e.g., Cook-Cottone, 2015; author last name, year published).

Step One: Practice (Do Yoga)

This comes from the rule of yoga, “You can’t give what you don’t have” and the second rule of yoga, “Practice and all is coming.” To teach yoga you MUST practice yoga. It is THE MOST IMPORTANT THING.

Each student should practice yoga, relaxation, meditation, and/or breath work 140 to 210 minutes per week. This works out to about 20 to 30 minutes a day. For the YISTT, the emphasis is on yoga, although meditation is encouraged and can be included for up to 10% of your logged practice. Your yoga and meditation practice can be done independently at home or in a structured class.

Step Two: Log Your Practice (Journal)

Journal after each practice. Write the (1) date, (2) what you did, (3) where you did it, (4) how did it go? and (5) goals for next practice. Do not get behind in your journaling, logging, or your practice. Be honest with yourself. Be proud of the progress you have made and be honest about your resistance and your struggles. When you submit your final paper, your LOG/JOURNAL ENTRIES should be attached to the reflection paper as an appendix.

Step Three: Write a Reflection Paper (Reflect)

Using your journal entries as an experiential reference, students should reflect on the yoga and the associated constructs covered in YISTT. A high quality paper will integrate and ***cite material from required texts*** as well as from discussions and lectures (cite as: Class Discussion, 2019). Please note, you are permitted to use the first person voice (I). The paper should be well-organized and cover the 12 Principles for Growth and how they showed up in your growth over this training. Your paper should be about **5 pages long**. The paper MUST have citations from each of your required texts as well as course materials.