

Yoga Reflection

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Over the past semester I feel that doing daily yoga has helped me stay centered, especially in light of current events, I thought that the practice of doing yoga every day was very helpful to give my mind a moment to rest in this crazy time, and just allowed me some time to focus on my body, and kind of forget the stresses of the rest of the world.

I have noticed an improvement in my flexibility, and now with the self isolation, being stuck at home, having the knowledge of how to do a proper yoga session, has meant that I have been able to continue to stay physically fit through the yoga. I think that this has been really good for my mental health, as it gives me some physical activity, and a meditative time of day, where I can aim at releasing the stresses that have built up over the day.

I have really appreciated the decision to take yoga the past two semesters, I think that they have been really helpful for my mental state during the semester, and it has given me enough knowledge to continue practicing yoga into the future, and how to do so safely, and to not push myself too far.

I really think that yoga is a fantastic tool to keep balance in my life, because it both helps with mental balance of being a meditative, so it provides me with great mental balance, and it is physical activity and so during this time of being stuck at home, having this physical activity to do daily, then practicing yoga has been fantastic for my physical balance.