Write a short reflection on  your first week in our yoga class.

This semester is going to be one of the hardest and busiest semesters for me, which was one of the reasons I was so excited to have this class. Even if I don’t have time to get a workout in, I know that I at least have this time each week to move and check in with my body. I have practiced yoga before, especially during quarantine and loved it. What I didn’t expect from this class was how helpful it would be to help in starting online classes. Being stuck in my apartment for online classes has been a harder transition that I would have expected. However, have a yoga class to wake up to and start my day with already has made a difference already.

I also really enjoyed learning the sun salute. Having a flow of positions that I can do without looking at someone else is really relaxing and helpful in relaxing. It’s also really nice to have a small practice to keep doing and each time focusing on a different part of the body, like keeping my back straight.