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**Date**: 04/13/2025

**Cohort**: (Francom, French, McMahan)

*In what follows, reflect on your learning and personal growth at this point in our course. Consider this week’s readings, multimedia sources, presentations, discussions, activities, etc. To your best ability attempt to integrate these experiences into our own developing understanding of the ‘Good Life’.*

This week was super interesting to me and it was cool to dive a bit deeper into the chapter because I was doing the Tour Guide presentation for this week. I personally have thought about visiting India a few times, one of my mom’s best friends has a house in India and she has invited us a few times but we’ve always been too busy. I’ve always been interested in seeing that part of the world though, and not just because I love Indian food. Also getting to read about ashrams was super interesting because I have always been interested in going to one one day. I also loved in this chapter how Weiner had the distinct comparison between the Ashram and the Anti-Ashram. It was also like a pros and cons list of the two different lifestyles. I think that realistically I would be better suited in the Anti-Ashram mentality, because while I love yoga and meditation I also believe in facing your problems and not running from them. In life you can be faced with some problems that make you want to ignore them or just do everything but face them and I don’t think you’ll be truly happy if you do that. I think that in order to have peace or satisfaction in your life you have to face your problems, be unafraid of them and be able to ask for help in dealing with them.