

Final Presentation Reflection - Yoga-Pilates Term 3- 2020

June 1-12- 2020



1. Take some time to reflect on what you have learned in yoga/pilates this term.

Consider:

- the benefits you have experienced on your physical, mental and spiritual well-being - use this resource guide for review: [Benefits of Yoga for Teens](#)
- the stress management and self- management techniques of yoga and pilates
- the progress toward your fitness goals from the fitness assessment from January.
- all the asanas (poses) we practiced in class and on your own.
- the pranayama (breath control) techniques presented and practiced.
- the dharana (focused concentration/mindfulness techniques), dhyana (meditation) and drishti (focal point/view or gaze) you experienced with the yoga practices.
- the pilates exercises for core strength and control.
- the differences and similarities of yoga and pilates.
- why you took the class and what you wanted to learn.
- what surprised you about the class, or your own yoga/pilates.
- how yoga/pilates might continue to be a self-care practice going forward.

2. Create a poster OR image OR Google slides OR Google Jamboard/audio presentation to finalize your reflections.

- A. Choose two yoga poses or pilates exercises for each wellness dimension- physical, mental, and spiritual (so 6 poses in total)!
 - a. Find images of these poses online, and create a visual, or name them for an audio presentation.
 - b. Add the image, with the name of the pose, and a note/audio file of how you connect the poses to each dimension.
- B. Share one of your favorite breathing techniques by name, and the benefit you experience from it (add a picture if you like!).
- C. In a paragraph or two, reflect on , what you learned from the class, what surprised you about the class, and what you'll continue to use from yoga/pilates that will be part of your self-care practice.
- D. Submit/share your final reflection ***Due June 12, 2020 @ 3pm***
- E. Here is a sample to show ***a start of*** what your presentation may look like, using Jamboard...

Have fun with this - it is a representation of what yoga/pilates mean to YOU!

Namaste 🙏



This pose, Wheel, relates to the physical dimension as it requires strength and stability.

