**Personal Expression Paper #2: Visit to a Yoga Studio / 15 points**

**Foundations of Yoga**

For this paper, I would like you to take a yoga class from another teacher. It may be difficult to find in-person instruction during the Pandemic, so please pick one of the classes that I have posted to our website. The choices are:

1. **Adaptive Yoga with Julia**

This is a class that will move a little slower than ours. It is specifically designed for students with physical limitations. You will use a chair.

1. **Hatha 2 with Jackie**

This is a class that will be right around the same level as our class.

1. **Core Strength with Sarah**

This is a class that will be more challenging than ours focusing on strength building.

1. Notice the structure of the class. Did it have time for centering, warming-up, breath training, relaxation, and meditation? Please describe the practice for each of these five components if they were a part of the class. If they were not included, please state that. **5 pts**
2. Give an example of a forward bend, back bend, twist, balance pose and inversion from your class. If a category was not represented, please state that. **5 pts**
3. Give a brief review of your experience of the class overall. What did you like? Was anything challenging or confusing? What kind of student would benefit from taking this class? **5 pts**