**HLAC - Lifelong Wellness Application Paper**

Name: Kevin Chuba Course: Yoga 1

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Write a **paragraph** (at least four sentences) on Questions 1 – 3 (Question 4 is optional):

1. What did you learn about “lifelong wellness” from taking this class?

I enjoyed learning about the different Chakra yoga terms and there meanings. They all seem to be a wonderful foundation for a healthy lifestyle. My favorite is the second chakra, *Svadisthana*, which translates as "one's own place or base. This chakra is important to me because I often have pain in my hips and lower back. I have learned that Yoga can be practiced both on and off the mat during daily activities.

1. How has learning about and applying “lifelong wellness” concepts impacted your life (home, school, work, etc…)?

I have been applying what I’ve learned in yoga class to my climbing technique. Yoga has helped me to relax more during stressful activities. I try to remember to relax my face during climbing and I think it has helped me to overcome some fear. My favorite thing that I picked up from this course has been to treat each breath as if it were your first and also to treat each breath as if it were your last. I focus on this thought when I get scared and my breathing gets heavier.

1. What is your intention to continue to exercise in your life and why?

The main intention for me to exercise or practice Yoga is so that I can continue to perform at high levels in the mountains. I plan to stay fit and active while living a long and adventurous life. Exercising regularly is a great way for me to manage any stress that arises in my life. I also feel that staying active prevents me from getting bored and influences me to be productive.

1. General ideas for improving this course?

It would be really cool if the class were all to move in a more unison manner creating large quantities of positive energy. The students who are not fully engaged in the poses should be swatted with a stick. Not sure if it’s a real thing but Yogi massage would be awesome.