

A woman with long, curly brown hair and blue eyes is looking directly at the camera. She is wearing a dark blue sleeveless top and a long necklace of small, round, light-colored beads. In her right hand, she holds a mallet with a red velvet cover and a wooden head. In her left hand, she holds a large, brass singing bowl. The background is a plain, light-colored wall.

INTRODUCTION
ASSIGNMENTS
ONLINE TRAINING

I N T R O D U C T I O N A S S I G N M E N T S

Welcome to your very first assignments for the course!

After each section in the training you will receive a number of assignments to complete. These assignments are designed to support you to integrate, consolidate and reflect on the information from this section. I hope you enjoy them!

There are two parts to your assignment for this introductory section, and they're both reflective journals.

There is one reflective journal task per page, with space underneath for you to write your reflections. But if you prefer to copy the assignment tasks into your journal or onto your computer, please feel free to do so.

Once you have completed the assignments for this section, please make sure that you tick the checkbox for the Introduction Assignments on the Assignment Checklist page. You will need to do this to be able to access the final assignments at end of the course.

I hope you enjoy the process!

With gratitude,

A handwritten signature in black ink that reads "Lauren". The script is fluid and cursive, with a large initial 'L'.

I N T R O D U C T I O N
A S S I G N M E N T S

1. REFLECTIVE JOURNAL

How has yoga impacted on your mental health?

I N T R O D U C T I O N
A S S I G N M E N T S

2. REFLECTIVE JOURNAL

Have you ever been in a transformative space like the one described by Stephen Cope? Reflect on what this experience was like for you.

T H A N K Y O U

