

- Part 1
  - I made a lot of connections between the health and fitness information between this class and my strength training class. More specifically I also saw a lot of similarities between my biology and mortuary classes with this class, mostly biological processes and metabolism. Mortuary also posed a lot of philosophical challenges that I feel were addressed in yoga.
  - While it's obvious that mental and emotional health are both parts of your overall health, and that you need time for that as well as physical health, I got a lot of perspective on that during this class. I also learned to accept that when one of the others needs more support, it's okay to use exercise time as general health time. It's just good to have a time set aside for your health and yourself.
- Part 2
  - [Here is a link to the assignment I'd like to use for my signature assignment.](#) I chose to use this link instead of embedding an image or copying my part of the conversation because reading and responding to others' comments was a huge part of that assignment.
- Part 3
  - The Dharana assignment was significant this semester for me because of the vulnerability associated with the question. It was as grounding as it was sort of invasive, but only if you let it be. Invasive in a good way, though. It built up my motivation and self-esteem thinking about my goal and my trail; where I want to be and where I've been. I feel more confident going forward recollecting what I've already been through, and I feel more clear in my course after revisiting my passions. Hearing about how others are passionate in their own way toward their own goals also enthralled me, making me think about how human this feeling is.