Homework #1

based on lecture 1 and chapter 2 of the textbook

1. Please describe any physical limitations (surgeries, injuries, etc.) that you might have which could affect your yoga practice.
2. What are your goals in taking this course?
3. The text states that yoga serves to *reintroduce you to yourself*. What do you think that means?
4. How does the text define flexibility? Which parts of your body do you consider most and least flexible?
5. What three things do we need to work with to increase our bodies’ flexibility?
6. What is the *internal observer* and what should he/she do as you practice your asana?