

Required Assignments check list

- Miracle of Mindfulness short summary (week 6)
- Yoga Sutra note card (week 10)
- Yoga Anatomy notes (week 11)
- Yoga Anatomy notes (week 12)
- Practicum worksheet (week 19)
- Student evaluation 1 (week 19)*
- Student evaluation 2 (week 19)*
- Outside yoga class worksheet (week 19)

*if you have difficulty getting your two (2) students to do an evaluation, you can alternatively take a picture or screenshot of them taking your class.