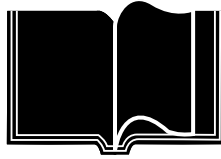


Name Molly
 Book/Title "Feel Happier Than You Ever Thought Possible" by Andrea Ferretti, in *Yoga Journal*, October 2006.
 Pages 9 pages
 Date May 8



Reading Log

Outline of Reading
 including key questions to be answered

Author had anxiety attack. Didn't know what it was and had more. Tried different things that didn't work—therapy and medications. Then tried yoga and it worked. She also says it works for depression, too. Now she practices yoga regularly and feels in control of her emotions. She included several yoga poses, with pictures, directions, and explanations of what they do to make people calmer.

Can I add yoga to my own life? Is it really complicated?
 Can I use yoga with my patients when I'm a nurse?

Before reading

My objectives are:

I don't know too much about yoga and I'd like to learn more. My roommate has done yoga for a couple of years, so she loaned me this magazine. I can talk with her more when I'm done with this assignment.

My performance criteria are:

I want to see if I can understand the basic ideas about yoga.

I want to be able to talk to my roommate about yoga.

I want to be able to read and understand articles on new topics that I can use in my profession as a nurse.

Minutes I expect to spend reading: 1 hour

First Reading

Notes and observations:

There are a lot of words in another language—confusing.

Yoga is supposed to help if you're scared or anxious.

Most of the poses look OK—I could do them.

The writer feels that yoga "transformed" her life—maybe it could help others?

Key Vocabulary

Use each key word in a new context or phrase.

asana

When you sit in a yoga position, it is called an asana.

lucidity

Yoga helps clear your thoughts and give you lucidity.

holistic

I want to practice holistic medicine because that treats the body and the mind.

Second Reading

Two additional inquiry questions that I have are:

1. Where can somebody learn how to do yoga?
2. How could I convince people in my community to try yoga?

Summarize

The most important points of the reading were:

I learned that there are a lot of ways to help people with things like depression and anxiety. Yoga has been around for a very long time, and it sounds like it can really help. The author feels much better about her life because of yoga.

Integrate

The relationship between the new information and my previous knowledge and experience is:

School is hard sometimes and there was something somebody in the article said that I'm going to think about more. Judith Hanson Lasatar, a Ph.D, said, "When you're paying attention, you're more in touch with your thoughts and feelings as they arise in the moment, which is half the battle of resolving them."

I'm going to try to do that. And I'm going to learn more about yoga.

Assessment of material and effort

I suggest the author make the following change(s) to the material or style of writing (explaining why):

I know the writer was writing this for people who do yoga, so she didn't explain everything for someone like me. Maybe she could have explained things a little more.

Actual time (minutes) spent reading: About 40 minutes instead of 60 (I kind of skimmed some parts).

The following affected (positively or negatively) the quality of my reading performance:

There were lots of different sections and explanations, and I didn't know what to read first. I didn't know some of the vocabulary or too much about yoga.

I really liked the main story about the writer getting over her anxiety, though. I'm glad she started with that.

Instructor Feedback	Strengths:	Action plan: You have some definite ideas how to apply what you've learned to help you resolve anxiety in your own life.
	Areas for Improvement:	Vocabulary usage: You identified several key terms related to yoga; build your understanding of these by attempting to use them in your other written responses.
	Insights:	Addition of visuals: Yoga is more about body and spirit than words and concepts; you can enrich a reading log by adding another page with pictures of yoga positions and diagrams about different levels of consciousness.