

## The Student Diary

We ask all our students to keep a record of their yogic journey throughout the course - this is usually referred to as the Diary and each weekend begins with a diary session. It is possible to share in the diary session without actually keeping a diary but starting to keep a diary now will help enhance your experience of the course and help you in collecting the evidence of your coursework which is required for certification (a good deal of that evidence can take the form of written Personal Statements based on the record kept in your Student Diary).

As a minimum the diary should maintain a commentary on your yoga practice (sadhana, kriya etc) and your progress (or otherwise 😊).

### A few tips

- 1 Write something every day - even if it is "I don't want to write anything today"
- 2 Find a regular time in the day to write - last thing at night or alongside your daily practice are good times.
- 3 if you really can't write - draw! - Part of the process is getting what is inside out where you can look at it
- 4 Experience is ephemeral - you know how meaning full it is at the time but then you absorb and forget - reading the diary entries at the end of your course will remind you not only of the experience but also how unnoticed gradual shifts built into a significant change of attitude and lifestyle.

You may also like to keep a Learning Diary (keeping a summary of every lesson or weekend). This can take the form of a minute or two of instant "flash writing" or you can be more reflective by writing longer and later - but set a maximum number of words (e.g. 250) to maintain focus, Write whatever you want as long as it was relevant to the practice/lesson/weekend.

Keeping a learning diary helps you understand your own learning and the learning process of teaching (how learners acquire knowledge). It will cause you to reflect on your own beliefs about teaching and on the effectiveness (or not) of others' teaching - and your own.