

Yoga: Yoga—Movement & Mindfulness for All Levels

Faculty: Jenni Sol Cunningham '08, M.Ed., E-RYT 500, NASM CPT, Adjunct Instructor, Athletics Department

Week One: July 6 – 12, 2025

Schedule: Monday - Friday, 9-12 and 1:30-3:30, except Wednesday afternoon.

Location: Schwartz Center for the Performing Arts, Collegetown

RECOMMENDED READING LIST:

- *The Yamas and Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele
- *A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life* by Jack Kornfield.

We encourage you to get the recommended books and begin pursuing them before the class starts.

RESOURCE LIST:

- [Non-sleep deep rest/ Yoga Nidra and Meditation: Andrew Huberman](#)
- [The Benefits of Meditation: Huberman Lab Podcast](#)
- [Yoga for Mental Health: Harvard Medical School](#)
- [The Benefits of Yoga: Positive Psychology](#)

EQUIPMENT LIST:

NOTE: These items will be provided. You are welcome to bring your own mat and straps if you prefer.

- Yoga mats
- Yoga straps
- Yoga blocks
- Yoga bolsters
- Chairs

ANYTHING ELSE?

- We will provide chairs for chair yoga, and for our discussions.
- Wear comfortable clothing for movement and rest.
- Bring a personal water bottle and anything else you might need.
- We will provide light snacks and beverages, but feel free to bring your own.
- Please reach out if you have any questions: jennisol yoga@gmail.com or at my Cornell email address: jrc92@cornell.edu.

Get ready to be relaxed, with tools for life.