

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

Dear Students,

Welcome to our CAU course, *Yoga Movement and Mindfulness for All Levels*! I am absolutely delighted to embark on this journey with you. My name is Jennifer Cunningham—please feel free to call me Jenni. I am a dedicated yoga and wellness professional based in the vibrant Ithaca area. It is an honor to work with Cornell students, graduates, and alumni from all over the world, fostering connection, presence, and inner peace through the practices of yoga and mindfulness.

This is my second year leading this transformative course at CAU, and I couldn't be more thrilled to guide you through an enriching week of asana (yoga poses), pranayama (breath work), and meditation. Together, we will also explore the deeply restorative practice of yoga nidra, or *non-sleep deep rest*, a profound technique that gently coaxes the nervous system into a state of true calm and clarity.

To complement our journey, I recommend two insightful books that may enhance your experience: *The Yamas and Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele and *A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life* by Jack Kornfield. Whether you choose to dive into these readings beforehand or wait until we meet, rest assured that this week will be a captivating blend of movement, breath, self-inquiry, and reflection. Our time together promises to be both compelling and deeply calming, offering a much-needed retreat from the fast pace of modern life.

Based on the incredible feedback from last year's students, I have refined our focus to emphasize the wisdom of *A Path With Heart*. We will engage in meditation techniques drawn from the book and use journaling as a tool to explore our inner landscape. Additionally, we will bring the timeless philosophy of yoga into our modern-day lives through discussions centered around Deborah Adele's work, seamlessly integrating these teachings into our movement practice.

I look forward to sharing this space of curiosity, growth, and tranquility with you. Whether you're brand new to these practices or have been on this path for some time, I invite you to arrive with an open heart and a willingness to explore.

See you soon!

With warmth and gratitude,
Jenni