

Yoga Club

Founders: Ana Badillo-Juarez and Meghan McDonough

Advisers: Kyle Pfaffenbach and Kristin Johnson

Mission Statement:

The mission statement of the EOU Yoga Club is to offer a regularly scheduled meeting to dive deeper into all aspects of yoga. . The overall purpose of the Yoga Club is to develop a deeper understanding of yoga and to promote health and wellness through organized physical activity with breath awareness.

Goals:

We wish to provide a free class once a month to discuss various aspects of yoga, such as history, philosophy, alignment, etc. Class location to be determined. The long term goal of our club is to have our club leaders become certified yoga instructors, and these leaders will donate their time to instructing EOU students in regularly scheduled classes. Additionally, we would like to recruit underclass yoga club members to pursue their yoga teaching certification so that a cycle of perpetuity is established and the club can be maintained into the future.

Basis:

It is well established in both academic literature and through personal experience that yoga is beneficial to physical, emotional, and mental health. Currently, there are no opportunities on this campus for students to engage in regularly scheduled organized yoga classes. Opportunities to practice learn more about yoga through the EOU yoga club will promote personal wellness, and act to promote friendships and connectedness through a common endeavor.

Bylaws:

- The yoga club will partner with the Grande Ronde Yoga Club (GRYC) to offer 1 yoga class per week, taught by GRYC members.
- Participating in yoga club is completely voluntary. Members are encouraged to actively participate and attend scheduled classes.
- Yoga classes will be provided free to students.
- Each student will sign a waiver to eliminate liability of EOU or the Yoga Club from any injury sustained during yoga club.
- Yoga club participants will exude positivity and camaraderie amongst fellow members
- Yoga club members will respect one another.
- The yoga club will have 2 student co-chairs and 1 secretary/treasurer.
- The yoga club will hold 1 administrative meeting per term to discuss:
 - issues with bylaws
 - yoga class schedule, offerings, and location
 - member feedback and suggestions
 - adequacy of facilities feedback
 - propose outside of yoga class activities for wellness and team building (examples could include nutrition seminars, going out for smoothies, etc.)

- discuss participant recruitment as well as literature and other information regarding yoga and its importance.
- discuss financial aspects of yoga club such as equipment, certifications for training instructors, etc.

4 year tentative Yoga Club Plan

Year 1 - Winter/Spring terms 2015

- Submit intent to be active
- Start Yoga Club
- Secure location for holding Yoga classes
- Administer yoga classes via yoga videos
- Offer 1 yoga class per week that is 1 hour long
- Begin to plan pathway to yoga certification for co-chairs
 - Ana Badillo-Juarez
 - Meghan McDonough
- Secure student allocation funds for training co-chairs to become certified yoga instructors over the summer of 2015

Year 2 - Academic Year 2015-2016

- If co-chairs gain yoga instructor certification they will administer the yoga classes to club members
- If co-chairs to not gain yoga instructor certification classes will continue to run through videos. Also, co-chairs will pursue certification this year
- Offer classes 2 per week

Year 3 - Academic Year 2016-2017

- Partner with GRYC to offer 1 yoga class per week free to students and open to the community for donation.
- Hold a class once a month to discuss various aspects of yoga, such as history, philosophy, alignment, etc.
- Potentially hold an EOU yoga 'camp' where kids from the community can come and participate in yoga for a week. This can be done through collaboration with Parks and Rec or the Head Start program.
- Have a Yoga Club table at large events such as Club Fair, Stress Event, etc.
- Recruit underclassmen as needed in order to fill chairs upon the graduation of the founding co-chairs.
- Pursue funding opportunities in order to support certification goals.

Year 4 - Academic Year 2017-2018

- Maintain previous established goals and events.
- Increase yoga club participation and participants.
- Increase class offerings to at least 2 times per week so that incoming certified co-chairs can begin gaining teaching experience.

Initial Club Members, Fall 2016-17

Ana Badillo-Juarez - co-chair

Ashley Barclay - co-chair

Jazmin Ruiz - treasurer/secretary