

45 minutes Asana Teaching Practice Guidelines



You will need to prepare a lesson plan for a 45 minute asana practice to include a centering at the start and a series of asana leading to your peak posture. As for your last asana teaching practice you will need to:

- Decide which joints need mobilizing, which muscles need lengthening and strengthening and provide some **preparation** for these; **no posture profile is needed** but the same process should be occurring for you as you explore how to prepare for the peak pose.
- Not every asana included needs to relate specifically to the peak pose
- The **flow of asana** should move smoothly through the bases (standing, sitting, lying etc.)
- Use **staging** where you lead the group into a simpler version(s), then a more challenging version(s) of asana whenever it would be helpful, and certainly for your peak pose
- There must be **counterposes** whenever you feel they are required and certainly for the peak pose
- Remember to allocate a little extra time to the **exploration of the peak pose**

There are a **few differences** from the previous 30 mins asana class teaching practice:

- You need to **incorporate all types of movements** to include a forward bend, backward bend, twist, sidebend, balance and inversion (this can be down facing dog or similar).
- For your cautions **as a minimum you need to include cautions, aids and modified practice** (modifications/alternatives) for the following:
 - Hypertension
 - Lower back: pain/degenerative conditions/injury
 - Wrist: pain/degenerative conditions/injury
 - Neck: pain/degenerative conditions/injury
 - Knee: pain/degenerative conditions/injury
 - Pregnancy
- Writing the cautions on your lesson plan will help to consolidate these for you but when teaching you will only need to give those which are relevant to the students present in the class – and **note that this time we will ensure that there are some or all of these conditions present so you will need to have thought these through.**
- Your modifications should **include modifications for general weakness & inflexibility** as needed, this can take the form of staging, dynamic rather than static possibilities or simply resting as needed
- You will need to interweave a **simple theme** throughout the class
- You can **choose the level of experience** of the group, bearing in mind when you might first elect to teach your asana to a group, for instance reverse triangle could be taught to beginners/first year students whereas lotus pose could be taught to intermediate students. That said most classes will most likely be mixed so remember to use staging to help ensure everyone works at the correct level.

Please make your **lesson plan as succinct as possible**, avoiding lengthy descriptions of class content – the lesson plan should be simply a memory aid. Remember to have some asana in mind and then **always go to your mat to decide upon the flow** – your body & breath will guide you.

Finally remember this is a teaching practice and everyone will be supportive. We will all be learning from your teaching practice!!

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Allocations			
	Asana	Meeting to be taught	Name of student teacher:
1.	Dhanurasana (Bow Pose)	Meeting 2 (April 2017)	Angela
2.	Natarajasana (Dancer Pose)	Meeting 3 (May 2017)	Rod
3.	Ardha Chandrasana (Half Moon Standing)	Meeting 3 (May 2017)	Gill
4.	Gomukhasana (Cow's head Pose)	Meeting 4 (June 2017)	Callie
5.	Parsvottanasana (Flank Stretch)	Meeting 5 (July 2017)	Sylvie
6.	Urdhva Mukha Svanasana (Up Facing Dog Pose)	Meeting 6 (August 2017)	Helen
7.	Ardha Matsyendrasana (Sage Pose)	Meeting 6 (August 2017)	Jill
8.	Garudasana (Eagle Pose)	Meeting 7 (September 2017)	Howard
9.	Virabhadrasana III (Warrior 3 Balance)	Meeting 8 (October 2017)	Donna
10.	Marichyasana (Pose of Marichy)	Meeting 8 (October 2017)	Katie
11.	Matsyasana (Fish Pose)	Meeting 9 (November 2017)	Hajnal
12.	Parivritti Trikonasana (Reverse Triangle)	Meeting 10 (December 2017)	Lisette
13.	Halasana (Plough)	Meeting 10 (December 2017)	Lucy
14.	Janusirsasana (Head to Knee Pose)	Meeting 11 (January 2018)	Alison
15.	Parvritta Janusirsasana (Reverse Head to Knee)	Meeting 11 (January 2018)	Amanda
16.	Upavistha Konasana (Wide angle Pose)	Meeting 12 (February 2018)	Antonia
17.	Kurmasana (Tortoise)	Meeting 12 (February 2018)	Michelle
18.	Padmasana (Lotus)	Meeting 1 (March 2018)	Nicky
19.	Bakrasana (Crane)	Meeting 1 (March 2018)	Bea
20.	Chakrasana (Wheel Pose)	Meeting 2 (April 2018)	Gail

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