## 6.4 Personal Practice of Pranayama, Mudra and Bandha (Student Diary

## Template)

To be completed the by student teacher following discussion with the tutor.

*This forms evidence of the following learning outcome assessment criteria:*

**Unit 6: Learning Outcome 4:** Know and understand the practice and teaching of Pranayama

**Assessment criteria 4.1:** Review the effects of an established practice of Pranayama either from personal

experience or review of Yoga texts.

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| **Name:** | **Start Date:** |
| **AT THE BEGINNING OF PRACTICE** | |
| **Three quotations on the meaning and purpose of Pranayama:** | |
| **Student teacher’s level of experience:** | |
| **What the student teacher hopes to gain from the practice:**  **Possible problems or obstacles to practice or keeping up a diary:** | |
| **AT THE END OF PRACTICE** | |
| **Student teacher’s comments on the three chosen quotations:** | |
| **Progress in the practices.**  **What has been gained in terms of skills, knowledge and understanding?**  **Was this as hoped or something different?**  **Were any concerns justified and how were obstacles were overcome?** | |
| **Any other comments, reflections and evaluation of practice.**  Signature of student teacher : Date: | |
| **Tutor comments:** *Consider Units 6 learning outcome 4 assessment criteria 4.1 (listed at the outset) in your response*  Signature of tutor: Date: | |