**Task 8.1 c) Peer group assessment of teaching of a subtle point of practice.**

**Demonstrate and explain a subtle point(s) of practice in teaching asana through a brief teaching to your peers.** The chosen points are at the discretion of the course tutor and student teachers. Points may relate to subtle yoga anatomy or increasing subtlety in physical practice. Non-exhaustive points that may be considered include refining awareness of the breath; awareness of energy movement; chakras; refining awareness of the body’s relationship with gravity; refining awareness of different parts of the body or relationships within the body; refining spatial awareness; **or any other focus that develops awareness of body, breath, energy and/or the mind or the connections between them at increasingly deeper levels.**

**Tutors note:** it is not intended that all suggested points are covered; work should be selective for each student to explore their chosen points in detail.

**Practical guidance for part c) group work:**

The length of teaching is not prescriptive, but a guideline is **ten to fifteen minutes** for each student. The teaching is peer assessed and a suggested assessment sheet appears at the end of this Unit. Other criteria could be negotiated between tutors and their students. It is suggested that at least 3 peers are delegated to write formal peer assessments for each teaching practice. The rest of the group may give verbal feedback.

**At the end of each teaching practice three peers will complete the following form, giving their comments forms to myself.**

**Comment on the following:**

|  |
| --- |
| **Quality of explanation:** |
| **Did you pick up on the subtle point put across?** |
| **Was it relevant to the asana being taught?** |
| **How did s/he present that subtle point?** |
| **Was the subtle point carried through the whole session?** |
| **Did you feel involved and interested in the teaching?** |
| **If so how was this involvement and interest created?** |
| **If not, why not and what could be changed?** |
| **What will you take away from this teaching?****(Select one aspect of learning or approach to teaching or something you felt went really well).** |
| **Any other comment?** |
| **Name of Student Teacher:****Name of Peer Assessor:** **Date:** |

**So in summary:**

In essence you will need to take 10 minutes in total to teach the gross, imperative type teaching points giving the placements for the pose and then proceed to give some subtle teaching points to help students experience/explore the asana in a different way.

This exercise will help to learn to engage students with asana in a much deeper way and can really introduce/reinforce yoga theory and philosophy.

**Examples of subtle teaching points might be:**