## Assignment Task F2 & F3: Micro Teaching of Basic Breathing Techniques and Guided Relaxation

Student teachers will, within their peer group, teach a ten-minute session of basic breathing followed by a fifteen-minute guided relaxation. The session should be suitable for beginner or first year students.

**Step One: Create your lesson plan**

A lesson plan will be submitted by the student teacher to the tutor for approval by the date specified in the home study sheet, to give sufficient time for the plan to be amended if necessary. The lesson plan should be presented on the template emailed to you, which is also available for download on our website [www.yoga-ayurveda.co.uk](http://www.yoga-ayurveda.co.uk) (access password is Shiva). **To help you to create your lesson plan please see:**

* The example lesson plan
* An Introduction to Aims, Learning Outcomes, Assessment & Evaluation Handout
* Savasana Posture Profile (gives cautions, benefits etc.)

Copies of these handouts and the lesson plan template are attached to your email, with other copies available on the website. If necessary, you are welcome to contact your tutor to organise a time to ask questions, especially if the basic breathing technique to be taught is unfamiliar.

**Step Two: Teach the class**

Then when you come to teach the plan the teaching practice will include:

1. Settling the students into the practice including comfort in posture and opening breath awareness with opening explanation of breathing practice.

2. Teaching the breathing technique including teaching points, modified practice as appropriate to the chosen technique; areas for caution (if any).

3. Settling into relaxation, including comfort in relaxation posture.

4. Guided relaxation that includes use of pace and language to create focus and calm; a gradual return from relaxation.

Student teachers will demonstrate:

1. Clarity of instruction and explanation of techniques and practice.
2. Knowledge and understanding of the chosen breathing practices through their explanation and teaching points.

The aims and learning outcomes of the session must be clearly stated on the lesson plan, in the class itself they need not be verbally stated but should be clear from the teaching. The teaching itself should reflect how the student would teach in a regular class teaching situation rather than teaching to peers, i.e., do not assume any prior knowledge of what is being taught. Any practical benefits stated should be realistic in terms of western science, with any esoteric benefits stated should be supported by reference to source yoga texts.

**Step Three: Evaluation of teaching**

The teaching practice will be followed by a personal self-reflection, a verbal feedback session involving tutor and peers, and then the tutor will provide written feedback. Finally, the student teacher will send a Post Lesson Reflective Evaluation Form (PLRE) back to the tutor, a copy of which can be found on the website page. You will be guided through this process by your tutor.

**F2 & F3 Basic Breathing & Guided Relaxation Teaching Practice Allocations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | To be taught in:  | Technique | Set in: | Student teacher: |
| 1. | Meeting 3  | The Complete Yogic Breath | 1 | Alison |
| 2. | Meeting 3  | Dynamic Complete Yogic Breath | 1 | Jayne |
| 3. | Meeting 4  | Diaphragmatic Strengthening Breath  | 1 | Carly |
| 4. | Meeting 5 | Shoulder Clockface Basic Breathing | 3 | Sandra |
| 5. | Meeting 6  | Intercostal stretching & cleansing breath | 4 | Ashleigh |
| 6. | Meeting 6 | Lung cell stimulation & cleansing breath  | 4 | Liz |
| 7. | Meeting 7 | Straw breathing  | 5 | Jeanette |
| 8. | Meeting 8 | Awareness of air at nostrils | 6 | Karen |
| 9. | Meeting 8 | Vedic Salute | 6 | Maria |
| 10 | Meeting 9 | Salutations to the earth breath | 7 | Hannah |
| 11 | Meeting 10 | Breath awareness in Jathara Parvritti Asana | 8 | Mel |
| 12 | Meeting 11 | Rabbit & Hare Hathena poses | 9 | Kirsten |
| 13 | Meeting 12 | Sapurna Maha mudra in Hare Pose | 10 | Paula |
| 14 | Meeting 13 | Abdominal strengthening  | 11 | Stacey |
| 15 | Meeting 14 | Four Hasta Mudras to direct the breath | 12 | Jackie |
| 16 | Meeting 14 | Gitananda Sectional Breathing 1 | 12 | Hazel |
| 17 | Meeting 15 | Gitananda Sectional Breathing 2 | 13 | Amanda |
| 18 | Meeting 15 | Viloma Breath | 13 | Ruth |