

Allocations for Asana Teaching Practices for Part 2 (2019)

These will be 45 minutes student led teaching practices leading up to an exploration of a peak asana. You will be given the asana profile sheet and **must prepare 30 mins of preparatory asana** in any form you wish e.g. using the formal lesson plan proforma, a list of asana/movements or stick figures. Also note at least three primary key learning outcomes to be highlighted for your asana, including at least one from each learning domain (i.e. psychomotor (doing), cognitive (knowing) & affective (feeling). This must be sent to me before the teaching practice to be checked.

Then once you have taught the 30 minutes preparation we will 'workshop' the teaching of the asana together, with you and myself leading an exploration of the asana. Then finally once done each member of the group will choose a counterpose(s) that feels just right.

	To Teach at the meeting in:	Asana	Name
1.	April 19	Dhanurasana Bow Pose	Wendy Evans
2	May 19	Natarajasana Dancer Pose	Rosemary Roberts
3	May 19	Ardha Chandrasana Half Moon Pose	Jane Butcher
4	June 19	Gomukhasana Cows Head Pose	Heidi Lawton
5	July 19	Parsvottanasana Flank Stretch	Sam Wade
6	Aug 19	Marichyasana Seated Twist 1	Clare Sumner
7	Aug 19	Ardha Matsyendrasana Seated Twist II	Barbara Lamb
8	Sep 19	Matsyasana Fish Pose	Beki Bliss
9	Oct 19	Virabhadrasana III Warrior 2	Jane Barnes
10	Oct 19	Urdhva Mukha Svanasana Up Facing Dog	Hannah Gill
11	Nov 19	Halasana Plough Pose	Sally Kemp
12	Nov 19	Parivritti Trikonasana Reverse Triangle Pose	Jess Fowler
13	Dec 19	Janusirsasana Head to Knee Pose	Julie Hancock
14	Dec 19	Bakasana Crane Pose	Jayne Wilkinson
15	Jan 20	Upavistha Konasana Seated Angled Pose	Jane Cullingford
16	Jan 20	Kurmasana Tortoise Pose	Bryan Simpson
17	Feb 20	Padmasana Lotus Pose	Carolyn Ruddell
18	Feb 20	Chakrasana Wheel Pose	Jennifer Kerrisk

