## Progression in Yoga

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| **Summarising the meaning of progression in yoga**  *with specific reference to* Bloom’s *Taxonomy of the Cognitive Domain,* Dave’s *Psychomotor Domain Taxonomy and* Krathwohl etal’s *Affective Domain Taxonomy*  **NB: progression of learning is from bottom of the table to the top** | | |
| **Psychomotor Domain** | **Cognitive Domain**  **Bloom’s original / new version 2001** | **Affective Domain** |
| Naturalisation: Competence, Second Nature | Evaluation/Evaluating: can use discrimination for use for specific purposes | Characterising: ideas, material, phenomena fully internalised |
| Articulation: Self-adaptation & Co-ordinating a Series of Actions | Synthesis/Creating: can put parts together to form a new whole | Organising: behaviour shows new values are being incorporated into existing values in a harmonious and internally consistent way |
| Precision: Refining & Exploring | Analysis/Analysing: can break down material & recognise principles involved | Valuing: willing to be seen to be exemplifying ideas, material, phenomena |
| Manipulation: Perform from memory or instruction only | Application/Applying: able to apply knowledge in new situations | Responding: to some small degree engaging with ideas, material, phenomena |
| Imitation: Copying or mimicking | Comprehension/Understanding: able to explain | Receiving: aware or sensitive to the existence of new ideas, material, phenomena |
|  | Knowledge/Remembering: able to repeat |  |

**More specifically are there any signs showing Progression in Yoga?**

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| **Can you think of some signs of progression concerning students’ skill base in the practice of yoga asana?** |
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| **Can you think of some signs of progression concerning students’ skill base in the ‘breathing practices, meditation and relaxation** |
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| **Are there any signs of progression concerning students’ knowledge and understanding?** |
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| **Are there any signs of progression concerning students’ attitudes and capacity for feeling?** |
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**Having considered the above what might be a reasonable definition of progression within yoga?**