

VINYASA KRAMA

Special Placement or Step-by Step Approach

This is a student-centered approach to teaching where 'one size does not fit all'. As such elements to be incorporated within our teaching include:



1. WARMING UP

- To reduce the risk of injury and make physical practice more accessible & enjoyable

2. TARGETED PREPARATION for the main asana to be explored, taught in addition to our generalized warming-up, to:

- Mobilise specific joints
- Increase strength & flexibility in particular muscle groups
- Raise awareness of particular areas of the body/teaching points

3. MODIFICATIONS to suit different:

- Levels of ability
- Levels of experience
- Conditions present

4. STAGING: { Modified version
'Classic' version
Developmental version

Here students can stay at a suitable level & explore that, or move on; earlier stages are useful as good preparation for later stages

5. PHYSICAL AIDS such as:

- Blocks
- Belts
- Blankets
- Chairs, walls....

To aid accessibility and good alignment

6. ALTERNATIVES: For inclusivity

7. VARIATIONS: For interest & to encourage adaptability

8. COUNTERPOSES: to maintain balance

9. MIX OF TEACHING METHODS to suit different learning styles e.g. Verbal Instruction, Demonstration etc.

10. DEVELOPMENT: We lay a solid foundation of:

- Attitude/awareness
- Knowledge
- Skills

And we gradually build upon each of these.

11. Creation of AIMS & LEARNING

OUTCOMES to determine what students will learn

12. Use of ASSESSMENT & EVALUATION to check we are teaching as effectively as possible

Perhaps our greatest challenge however is to engender right attitude in our students, for instance:

- Cultivating a beginners mind, meeting everything anew
- Developing a self-referential practice, where each individual honours his/her own capacities and practices accordingly