

Basic Breathing & Relaxation Teaching Practice

Assessment 2.2

Your task will be:

- To teach a 10 minutes basic breathing practice
- To be followed by a 15 minutes guided relaxation practice
- The session must be suitable for beginners or first year students



Basic breathing exercises are simple techniques to teach....

relaxed,
efficient,
conscious
breathing

To do this:

- Choose a basic breathing technique and a relaxation practice – check with the tutor to ensure we cover different types of techniques.
- Create a lesson plan using the proforma lesson plan emailed to you.
- To help you to do this:
 - Use your aims and learning outcomes handouts
 - Refer to the annotated proforma plan
 - Refer to the cautions section of your A & P course
- Email the tutor your lesson plan and script by the next meeting so that any amendments can be made before you teach the session at the follow meeting.
- Informally practice teaching your session to family & friends, and this practice can be added to your teaching practice record!

Your teaching practice will include:

- Settling students into the practice including comfort in posture (modifications as needed) and opening to breath awareness.
- Teaching the breathing technique including explanation, teaching points, modified practice as appropriate to the chosen technique; areas for caution (if any).
- Settling into relaxation, comfort in relaxation posture (modifications as needed) and focus for the mind.
- Guided relaxation that includes use of pace and language to create focus and calm; a gradual return from relaxation.

You will (hopefully) demonstrate:

- Clarity of instruction and explanation.
- Knowledge and understanding of the chosen breathing practices through their explanation and teaching points.

And please note that.....

- Any practical benefits stated should be realistic in terms of western science.
- Any esoteric benefits stated should be supported by reference to source yoga texts.
- Your bibliography should be written as:
 - Author name, Publishing date, Edition if other than first, Book title, City of Publication, Publishers, Page reference
 - e.g. Stiles M. (2000) Structural Yoga Therapy, York Beach: Weber, p13

Assessment methods:

1. **Lesson plan feedback:** first you will receive a written feedback from the tutor regarding your lesson plan and script. This may involve referral where you will need to alter elements and resubmit the plan and/or script.
2. **Self evaluation:** once the teaching practice has been done Immediately you will have the opportunity to say how you feel your teaching practice went, i.e. if anything went really well or if you would have done something differently. (we often learn so much through actually doing, and have already realized what needed to be done)
3. **Verbal peer feedback:** the peer group are given the opportunity to give feedback
4. **Tutor verbal feedback:** the tutor will give some initial verbal feedback to the student in a group situation where the whole group will learn from any feedback given and some additional feedback later in private.
5. **Tutor written feedback on teaching practice:** the tutor will then email you some written feedback on the teaching practice
6. **Student personal reflection on class teaching:** finally you will also be asked to complete a self-evaluation form which also will go in your portfolio.

Marking: will be pass/refer (two referrals possible i.e. 3 attempts in total)

Offering peer feedback.....

- Remember we are all learning from everyone's experiences ~ both by exploring different techniques and the professional aspects of teaching.
- When you offer feedback please treat others as you would like to be treated yourself!
- Sometimes a teaching practice leads to pointers we can improve upon or can be used as examples of good practice. Often points raised will lead to a discussion where there is no right or wrong, just possibilities.
- Prepare well and do your best and that is all we can ask from ourselves – remembering this a teaching **practice**

Finally.....

- Take a good look at the assessment forms I will email to you where you will see the criteria against which your practice will be assessed.
- There are two of these assessment forms, one for the lesson plan and the other for the teaching practice itself.



Namaste