

## LESSON PLAN for Assignment 2.2: Basic breathing and relaxation teaching practice: Sarah Beck

<b>TUTOR:</b>	Sarah Beck
<b>SUBJECT/THEME:</b>	Basic breathing and relaxation teaching practice
<b>LEVEL OF STUDENTS:</b>	Final part of First Year
<b>DATE:</b>	9 <sup>th</sup> March 2012
<b>TIME/DURATION:</b>	25 minutes
<b>RESOURCES:</b>	Blocks, bolster, chairs, handout on the vedic salute
<b>AIMS:</b>	By the end of the lesson the teacher will aim to deepen student's experience of basic breathing techniques and their knowledge of the theory behind them. Also to continue to widen students' experience of relaxation techniques.
<b>LEARNING OUTCOMES:</b>	<p>By the end of the session students will have/be able to:</p> <ul style="list-style-type: none"><li>• Briefly practiced the yogic three part breath, incorporating some abdominal control both during the inhalation and exhalation</li><li>• Performed the vedic salute and a mini yoga nyasa type relaxation</li><li>• State how retaining some abdominal control enables us to adjust the length and depth of the breath</li><li>• Describe how the primary respiratory muscles are the diaphragm &amp; external intercostals and that the abdominals and internal intercostals can also be recruited for deepening &amp; lengthening the breath.</li><li>• Listened to a short quote on pratyahara from the Bhagavad Gita</li><li>• Appeared to have worked easily within their limitations of the breath, being happy to find their own personal speed and rythmn within the vedic breath.</li><li>• Looked relaxed and centered after the relaxation</li></ul>
<b>ASSESSMENT METHODS:</b>	During the session there will be close visual observation of students & verbal communication as needed
<b>EVALUATION METHODS:</b>	After the session I will receive peer & tutor feedback and shall complete a post lesson reflective evaluation sheet. Later I will receive a tutor written assessment front sheet (2.2).
<b>BIBLIOGRAPHY:</b>	Quotation from Bhagavad Gita Ch 2 v58, translation by Eknath Easwaran p68 Relaxation adapted from teaching notes by Di kendall Sept 2011

TIME	CONTENT	TEACHING METHOD	AREAS FOR CAUTION/MODIFICATIONS/AIDS VARIATIONS	PURPOSE/RATIONALE/BENEFITS	NOTES
3.00pm	Centering in Tadasana	Verbal Instruction	Pregnancy, hypotension – can be seated if wish	Quieting the mind and body, preparing stance for the basic breathing to follow	Ensure students are warm enough
3.02pm	Vedic Salute	Demo & Work alongside	As above - also asthma can focus upon the movements rather than the breath if preferred. All students can stay at the correct stage as wished.	To bring awareness to the movement of the primary respiratory muscles, deepening the breath & calming the mind.	
3.10pm	Mini Yoga Nyasa Relaxation in savasana  <i>“ Even as a tortoise draws in its limbs, the wise can draw in their senses at will” B.G. Ch2 v58</i>	Verbal Instruction	<b>Kyphosis/Chin lifts:</b> padding beneath head <b>Back conditions/General Discomfort:</b> place padding beneath knees or semi-supine <b>Hiatus hernia:</b> padding beneath head & upper body <b>Pregnancy:</b> before 16 weeks can lie semi-supine or with padding beneath right hip; after 16 weeks lay on left side, padding under head, between legs <b>Vertigo:</b> can turn head to one side <b>High stress, anxiety or depression:</b> can keep eyes open if wish	To activate the parasympathetic part of the autonomic nervous system; Introduce moving awareness and the breath for relaxation; Further consolidate the term pratayahara with the group.	
3.25pm	Session closes Sukhasana or Dandasana	Verbal Instrucion	Students may need padding beneath buttocks to sit comfortably in the position of their choice.	To ensure all students are fully awake and ready to move on with their day; also to reiterate one or two teaching points.	