

## Guidance for preparing your Posture Profile and 30 minute Lesson Plan

### 1.1a To create your posture profile

- You will need the posture profile proforma which is emailed to you, or there is a copy available on the website [yoga-ayurveda.co.uk](http://yoga-ayurveda.co.uk) (password Smile)
- You also be emailed scans from different texts to help you
- Work systematically through the different sections
- For the **anatomical terms of movement** you have class notes to help you and the Kappmeier book is very useful in this respect
- For **muscles** it is often helpful to think in terms of groups of muscles e.g. hip flexors, shoulder extensors and then you can put specific muscle names, if relevant, in brackets. Here the tables on muscles and powerpoint presentations can be helpful as are both the Kappmeier and Kaminoff books.
- For **preparation** you can suggest simple movements as well as simpler asana and do give these in groups identifying which joint they are mobilizing, or which muscles they are releasing or strengthening. And remember preparation can also include some ways to introduce important teaching points e.g. pada bandha (foot lock) in Tadasana as preparation for Vrksasana (Tree Pose).
- For **cautions** look at the relevant handouts on Principles for Forward Bending etc. and also your appendix at the end of the Anatomy & Physiology Course.
- Remember that you are asked to give only key information throughout!
- Please refer to my sample posture profile to uttanasana to help you.

### 1.1b To create your lesson plan

- The proforma lesson plan will be emailed to you and there is a copy available for download at website [yoga-ayurveda.co.uk](http://yoga-ayurveda.co.uk) (password Smile)
- This is for a 30 minute class to be aimed at beginners or intermediates
- Decide on your aims and learning outcomes, see my example on uttanasana to give you some orientation but remember SMART from meeting one for writing learning outcomes, i.e. they should be specific, measurable, achievable, realistic and time bounded; also of the three types, i.e. cognitive (knowing), psychomotor (doing) and affective (feeling)
- You must use your posture profile to help you write the plan, especially relating to good preparation. So decide which areas of the body need mobilization, stretching or strengthening and if there any important teaching points you could introduce earlier in the class. Decide on some good preparatory movements then go to your mat.
- The mind can get in the way, overcomplicating matters, so it is often best to have some ideas then choose a start place and let your body and breath guide you towards the peak pose, whilst incorporating some good preparation along the way. Your body will know what feels good, and what can easily follow each movement. Whilst in a longer class you can spend more time working generally see if here you can really specifically prepare for the peak pose.

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- You should devote a little longer to exploring the peak posture than for other poses. Here you will need to give a couple of stages, and it is good practice to give a modified version first, then the main pose, perhaps also then offering a development.
- You will need to finally give a good counterpose, which can be one asana or several.
- Finally to say that my lesson plan from the 30 minute practice to uttanasana should help to orientate you.

You have one month to create the posture profile, it usually takes a second draft so do send it to me as soon as you can.

You have two months to finalize the lesson plan, but the first draft is due by the end of the first month.

You can always email me if you have any questions or need any further help!

Sarah