

**STAGING:** Modified version

Classical version

Developmental version

Variations

**MODIFICATIONS** to suit different:

* Levels of ability
* Levels of experience
* Conditions present
* Also as preparation, physically & mentally

**WARM UP**

**TARGETED PREPARATION** to:

* Mobilise specific joints
* Increase strength & flexibility in particular muscle groups

S. Beck November 2013

Use of **VINYASA CURVE** where each class builds in intensity and then slows to stillness moving us from Tamas to Rajas to Sattva

Perhaps our greatest challenge is to engender right attitude:

* Cultivating a beginners mind, meeting everything anew
* Self-referential, working with oneself as we are in each moment

Creating **AIMS & LEARNING OUTCOMES** to determine what students will learn

Use of **ASSESSMENT & EVALUATION** to

check we are teaching as effectively as possible

**DEVELOPMENTAL**: We lay a solid foundation of:

* Attitude/awareness
* Knowledge
* Skills

We gradually build upon these.

**MIX OF TEACHING METHODS** to suit different learning styles

A Student centered approach

Close

Start

**USE OF AIDS** such as:

* Blocks
* Belts
* Blankets
* Chairs, walls….

VINYASA KRAMA

Special Placement or

Step-by Step Approach

**ALTERNATIVES** - Inclusivity