

YTT-April Yoga Teaching Methodology Reading from the Manual

In preparation for the next YTT weekend please read over the following in order to prepare for holding safe space for one another. Please review the information on communication and providing feedback during partner or group teaching activities.

Training Community Section Pages 1-3 to 1-7

- Learning Environment Guidelines
- Conscious Communication

Yoga Philosophy--in order to review what we covered last weekend and to prepare for the next training weekend please read the following:

Yoga Philosophy Section Pages 2-1 to 2-15

- Yoga Philosophy Introduction
- Classical Yoga Teachings
- The Subtle Body
- The Koshas
- Patanjali's Yoga Sutras and the Eight Limbed Path of Yoga
 - Yama and Niyama
- Brief Outline of Yoga History and Historical Texts

Teaching Yoga--in order to review what we covered last weekend and to prepare for the next training weekend please read the following:

Teaching Yoga Section Pages Read the Following Sections

- Teaching Yoga Introduction Page 3-1 to 3-2
- Dynamic Language and Cueing Page 3-5 to 3-8
- Create Body Awareness 3-9 to 3-10
- Art of Demonstration 3-12 to 3-14

Posture Clinics--In order to review what we covered last weekend and to prepare for the next training weekend please read the following:

Asana Section

Review the postures from Weekend 1

- Tadasana \ Mountain
- Utkatasana | Awkward
- Virabhadrasana Dvi | Warrior II
- Utthita Parsvakonasana | Lateral Angle
- Sukasana | Easy

- Baddha Konasana | Bound Angle

Read the following postures in preparation for Weekend II

- Virabhadrasana eka | Warrior I
- Anjaneyasana | Low Lunge
- Prasarita Padottanasana | Standing Wide Angle
- Uttanasana | Forward Fold
- TBD Tuesday -2 additional postures

Pranayama Section Read 6-1 to 6-5

- Pranayama Introduction
- Respiration Anatomy
- Teaching Pranayama
- Dirgha Pranayama