

Practice Teach 1

Practice, Reflect, Build on Strengths

The purpose of the first practice teach is for you to practice the postures we have learned. This is a strengths based practice in which you will practice, reflect on what went well and receive feedback on what your strengths were during the Practice Teach.

Please remember and embrace the following:

- You still have much to learn and this is the first step.
- You will not GIVE nor RECEIVE criticism regarding your teaching or the teaching of your peers.
- There is no “wrong” at this point in your teaching, only growth, awareness and opportunity.
- We have not covered transitions from the floor to standing simply ask your class to stand after centering and lead the standing sequence.
- Show compassion to yourself and to others

ESSENTIAL INFORMATION

Time Length: 30 Minutes

Reflection Time: 10 Minutes

Class: Your Family Group

Trainer: Susan, Brockell, Amber, or Luna

Music: None

Objectives:

1. Lead a welcoming / centering of your own creation using information from the manual / lecture / practice experience including Dirgha Pranayama
2. Guide postures using ground up cues, dynamic language and essential cues
3. Use demonstration along with cues to guide the practice
4. Use Press Points as appropriate during the practice
5. Reflect on your current strengths as a teacher and set goals
6. Receive feedback about your current strengths as a teacher
7. Embrace and accept yourself as yourself as a learner, releasing control of the outcome, knowing “perfection” is not expected

Practice Teach 1 Class Sequence

- Welcoming
- Centering including Sukasana and Dirgha Pranayama
 - Approximately 5-7 minutes
 - **Ask your class to stand**
- Tadasana / Mountain
- Utkatasana /Awkward
- Uttanasana / Standing Forward Fold
- Virabhadrasana I / Warrior I
- Virabhadrasana II / Warrior II
- Utthita Parsvakonasana / Extended Side Angle
 - **Repeat on both sides**
- Prasarita Padottanasana / Wide Angle Forward Fold
 - Standing Sequence Approximately 12-15 minutes
 - **Guide a transition from Prasarita Padottanasana or ask your students to come to the floor on their backs**
- Supta Padangusthasana / Reclined Hand to Foot Pose
 - 3-5 minutes--Ground the practice
- Savasana
 - Approximately 3-5 minutes
 - Guide students back to seated
 - Finish with OM or Namaste

Practice Teach 1 Reflection

Teacher Reflection: What were the STRENGTHS of the class?

Trainer Feedback: Share the STRENGTHS of the class

Peer Feedback: Share the STRENGTHS of the class

Peer 1

Peer 2

Peer 3

Teacher: Based on this experience my goal / goals for the next class are: