

## YTT Weekend 5 (July) Homework and Reading

### **Study Hall**

- **Wednesday June 12** Work on Cueing or other goals (ie--demonstration, dynamic language) in pairs or small groups
- **Wednesday June 26** Work on goals, Q & A for teaching methodology

### **Yoga Philosophy**

Reading--**The Path of the Yoga Sutras** by Nicolai Bachman

Part 5 Inner Development--Chapters 44 - 41 + the Epilogue

Part 2 Understanding Suffering-Chapters 12 - 25

This will complete your reading in this book :-)

### **Training Manual Reading Assignment**

#### *Posture Clinics*

**Navasana** (Boat) 5-42

**Dandasana** (Staff) 5-26

**Upavistha Konasana** 5-72

**Paschimottanasana** 5-54

**Salabhasana** 5-58

**Dhanurasana** 5-28

#### *Teaching Methodology*

Review: **Guide the Internal Experience** 3-10

Review: **Opening the Body** handout from this weekend

Suggested Assignment: sequence the "opening the body" postures in 2-3 different sequences you would use in a class

Read **Lesson Planning Guide** and **Lesson Planning Guide Sample** in the References and Appendices

### **Assignments:**

Assignment 1

#### **Audio Record Your Teaching**

- Create a sequence of three postures (i.e. Mountain, Utkatasana, Warrior I)
- Practice guiding the postures with essential cues and dynamic language
- Focus on ACTION + BODY PART + WHERE
- Leave space for breath cues
- Listen to your recording
- Email the recording to [susan@alleycatyoga.com](mailto:susan@alleycatyoga.com) if you would like feedback

## Assignment 2

### **Attend 2 Yoga Classes and Reflect**

Timeline: Complete this before November 1

- Class 1 Objectives
- Attend and participate in a group yoga class. Any class is fine however it may be beneficial to attend a class that is different from your typical practice. For example, if you never attend gentle yoga this could be quite informative.
- Observe (quietly and kindly) how student in the class transition between postures
- Observe (quietly and kindly) how students with different physical practices experience yoga asana and embody the experience
- Notice how the teacher:
  - Centers the class
  - Prepares the students for practice (opening the body)
  - Leads transitions between sequences (what postures are used?)
  - Reflect on the class
  - Email your reflection to [susan@alleycatyoga.com](mailto:susan@alleycatyoga.com)

## Assignment 3

### **Breath Cues**

- Write out a minimum of 5 ways to cue “breath” during yoga asana other than simply saying “breathe”
- In your sadhana experiences (in person or online), listen for cues that teachers give that resonate with you
- This is for your own growth. Do not turn in this assignment

## Assignment 4

### **Posture Clinic Follow Up: Key Muscles, Postures that Proceed and Follow:**

- Use the Asana section of the manual
- For the postures we studied this weekend write complete the worksheet section of each asana (i.e. Ardha Chandrasana complete page 5-15)
  - Line of Energy
  - Muscles most involved
  - Posture preparation
  - Basic Joint Positions
  - Sequencing
    - Postures that (might) precede
    - Posture that (might) follow
- This is for your own growth. Do not turn in this assignment.