

# Practice Teach 2

## Teach, Reflect, Build on Strengths, Set Goals

In Practice Teach 2 you will demonstrate growth in teaching and continue to use strong verbal cues and demonstration in addition to the following:

- gain experience teaching additional postures
- demonstrate using press points (verbally and hands on)
- Modify postures using props as is appropriate for your students
- Guide SIMPLE transitions from the floor to standing as well as from standing back to the floor
- Sequence 3-5 poses together

### ESSENTIAL INFORMATION

**Time Length: 30 Minutes**

**Reflection Time: 10 Minutes**

**Class: Your Family Group**

**Trainer: Susan, Brockell, Patty**

**Music: None**

### Teaching Objectives:

1. Lead a welcoming / centering of your own creation including Dirgha Pranayama
2. Use of Voice--can be heard and use inflection to guide the class
3. Guide postures using ground up cues, dynamic language and essential cues
4. Use demonstration along with cues to guide the practice
5. Use Press Points to teach postures, verbally and hands on
6. Move around your students so you can see them and they can see you
7. Offer modifications and props to your students

**Please create a 30 minute class using the following guidelines.**

1. Lead a 5 minute centering including Dirgha Pranayama
2. Lead an Open the Body sequence that relates to the postures you will teach (5 poses)

3. Guide a transition from the floor to standing that ends in Tadasana

Note: A SIMPLE transition

- Examples of simple transition poses
  - Table, DFD, Uttanasana,

4. Lead a standing sequence with 3-5 poses. Chose from the list below:

- Virabhadrasana II / Warrior 2
- Trikonasana / Triangle
- Ardha Chandrasana / Balancing Half Moon
- Anjaneyasana / Low Lunge Pose
- Parsvottanasana / Intense Stretch
- Vrksasana / Tree

Teach on both sides (Left and right) using a simple transition posture such as Tadasana in between

5. Lead a simple transition from standing down to the floor

- NOTE: a SIMPLE transition
- Examples of simple transitions:
  - Tadasana / Mountain
  - Adho Mukha Svanasana / Downward Facing Dog
  - Garbhasana / Child's Pose
  - Uttanasana/ Standing Forward Fold

5. Lead a floor sequence with 3-5 poses. Choose from the list below:

- Baddha Konasana / Bound Angle
- Upavista Konasana / Upward Facing Angle
- Janu Sirsasana / Head to Knee
- Marichyasana III / Sage Twist
- Dandasana / Staff
- Paschimottanasana / East West

Teach on both sides (right, left)

6. Lead Nadi Shodhana