

# Pink Lotus Yoga Professional Yoga and Teacher Training

## Practice Teaching Hatha Yoga Semi-Final

In this assignment, which will serve as a 'semi-final' required for graduation, you are responsible for teaching your fellow classmates **FOUR** Hatha Yoga postures. This teaching will run like a class, with each of you going in the order presented.

- You will teach your postures back-to-back in the order that they appear in the table below.
  - You will have five minutes total allotted to you for your teaching.
  - Your classmates will be standing in Tadasana when you begin teaching your first posture, and you will instruct them into your second posture based on their position in the first; returning them to a transitioning posture is also available to you if you feel it necessary.
  - You may use no notes when you are teaching.
  - **Teaching the postures:** You will use verbal cueing when you teach both postures that must include the following.
    - the Sanskrit *and* English name for the posture correctly pronounced. It does not matter when you offer these in your cueing, but both names for the postures must be given. Remember our online Sanskrit pronunciation guide.
    - anatomical/physiological cueing to help students approach/align/assume/hold the postures
    - muscle cueing: e.g., you must name the contraction of certain muscles/muscle groups, stretching of certain muscles/muscle groups) contained within the posture
    - if you are assigned a bilateral posture, you must teach both sides. You are free to repeat your anatomical verbal cueing from side to side or be exploratory when cueing the second side
    - NOTE: If you are assigned one or more one-legged balance postures, you may give students a brief rest between sides and/or postures; that 'break time' will count as part of your five minutes.
  - **After you are finished teaching:**
    - Return students to Tadasana, request they take an internal focus
- Make a brief statement to inspire; provoke thoughts, feelings, etc. Inspiration can be from your own writings, discussions in training, materials from training

### NOTES:

- Yogajournal.com, You Tube, The Amrit Yoga script, and your Key Muscles text are just a few GREAT places to conduct postural cueing research
- Tip for success: Write down exactly what you want to say for each posture and practice it several times. Time yourself when you practice.

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Here are 32 Classic Hatha Postures we will visit in this teaching session. The order in which the postures will be taught resides in the first column. Marcia will center and provide Savasana to bookend the teachings.

1	Balasana	
2	Dandasana	
3	<b>Navasana</b>	Ali
4	Paschimottanasana	
5	<b>Adho Mukha Svanasana</b>	Ali
6	<b>Uttanasana</b>	Ali
7	Phalakasana	
8	<b>Vasisthasana</b>	Ali
9	<b>(Utthita) Trikonasana</b>	Ashley
10	<b>Virabhadrasana II</b>	Ashley
11	<b>Virabhadrasana I</b>	Ashley
12	<b>Parsvotthanasana</b>	Ashley
13	<b>Utthita Parsvakonasana</b>	Farrah
14	<b>Parivrtta Trikonasana</b>	Farrah
15	Ardha Chandrasana	
16	<b>Vrksasana</b>	Farrah
17	<b>Virabhadrasana III</b>	Farrah
18	<b>Virabhadrasana IV</b>	Jackie
19	<b>Garudasana</b>	Jackie
20	<b>Bhujangasana</b>	Jackie
21	<b>Salabhasana</b>	Jackie
22	<b>Urdhva Mukha Svanasana</b>	Margo
23	<b>Dhanurasana</b>	Margo
24	<b>Ustrasana</b>	Margo
25	<b>Setu Bandhasana (a.k.a. Setubandha S(h)arvangasana)</b>	Margo
26	<b>Gomukhasana</b>	Mary Kay
27	<b>Upavistha Konasana</b>	Mary Kay
28	Janu Sirsasana	
29	<b>Ardha S(h)arvangasana</b>	Mary Kay
30	<b>Matsyasana</b>	Mary Kay
31	Baddha Konasana	
32	Supta Matseyendrasana	