

SEMI-FINAL AND FINALS HANDOUT

Semi-final:

- 1) Semi-Final: Teaching Hatha postures

Finals:

- 1) In-class Final: 30-Minute Vinyasa Sequence
- 2) Final Essay
- 3) In-class Final Exam
- 4) In-class Final Practicum

SEMI-FINAL: Teaching and getting feedback from trainers and classmates about assigned Hatha Yoga postures. **Date: Sat. 11/21**

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FINAL #1: Teaching the 30-Minute Vinyasa Sequence. You will teach in two- to three-minute segments in random order selected by trainers, who will also keep your time. You might be asked to teach more than once. A copy of the sequence will be available for viewing, but you will not be permitted to hold it while teaching. Demonstrating, modeling while verbally cueing, and verbally cueing without modeling are your teaching options. **Date: Fri. 12/4 7:15p**

FINAL #2: Final Essay. Write an essay on a topic of your choice from the many we have covered in training. Discover your topic via The Final Test topics list below, the manual, your notes, the online training page, our conversations on Hot Topics/Trends in Yoga, and previous writing assignments you have done in training upon which you can expand. You may write a narrative, persuasive, compare/contrast, opinion, or research essay and will be assessed on the quality of your topic and thoughtful expression/elucidation of same.

Details: Minimum 1.5 pages; 8.5x11 typed, single-spaced (or, minimum 3 pages 8x511 typed, double-spaced), printed, and stapled; provide cover sheet (an additional page) with your name and title of your essay. **Date: Mon. 12/7 midnight via email**

FINAL #3: Final Exam. You will be tested on the following: ancient to medieval yoga history; modern yoga history; names and approximate age of historical yoga texts; three major forms of yoga; the names of several types of Hindu Yoga; major styles of modern yoga and names of their creators; major yoga philosophy terms; common asana names in Sanskrit and English; Indian and Chinese energy anatomy systems and their elements in English and, where applicable, Sanskrit; the names in Sanskrit and English and definitions of The Eight Limbs of Yoga and their ten yamas and niyamas; the English translations of common yoga class chants; understanding Taoist philosophy from discerning forces of Yin and Yang; names and locations of the bones and muscles discussed in training; the names and pertinent details of the 12 systems of the body; the concepts and details of human anatomy from a Yin perspective; the concept of alignment and its role in yoga; the importance of the concepts of collective consciousness, the human experience, maps, myths, the human journey and their roles in yoga; knowledge of key thematic points contained in *The Tao of Pooh* and *The Yoga Sutra*; basic knowledge of methodological differences between the styles and systems we train in. **Date: Fri. 12/11 7:15p**

FINAL #4: Final Practicum. In group(s), you will create, write, rehearse, and teach to your classmates a **45-minute**, all-levels, multi-style class (EXCEPT VINYASA) that

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contains required elements sequenced in a logical order with appropriate time devoted to each element. Each person in the group will teach individually for fifteen **(15) consecutive minutes**. Trainer(s) will track your overall time, but you are responsible for any timed yoga you are presenting as well as completing your segment of the class on time. You may instruct from the mat but must also in the course of your teaching at some point move amongst all classmates and verbal cue/instruct without demonstrating. Students' mats will be arranged in rows of teaching order. Do not include centering or Savasana in your teaching time; trainers will provide these class elements. No notes allowed during teaching except where asterisked (*).

Required Class Elements (here in alphabetical order; present in logical order)

- Anatomical verbal cueing
- Bhandas with effect/benefit explained
- Chanting (options from training manual or chanting sheet other than *OM*)*
- Dhyana
- Hatha Asanas: One of each 7DAT with the *option* of three of them being taught/explained with pinnacling in mind; one of these asanas must be taught employing a prop
- Indian Energy Anatomy verbal cueing
- Kundalini Chakra-Balancing kriya *with* Breath of Fire. Option either Cow or Easy Pose, 1-3 minutes.
- Mental/emotional body verbal cueing: Quote from a passage in *The Tao of Pooh* (read or state and reflect/comment)*
- Mental/emotional body verbal cueing: Quote from *The Yoga Sutra* other than the Eight Limbs (read or state and reflect/comment)*
- Mudra with effect/benefit explained
- Pawanmuktasana
- Pranayama: Trainer(s) will assign each group one exercise
- Yin Yoga Asana: Cueing meridian and associated benefits

Groups: 1) Ali, Jackie, Mary Kay; 2) Ashley, Farrah, Margo

Date: Sat. 12/12 (in-training prep time: Fri. 12/4)