

# 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 **SIX** Hatha Yoga postures. This teaching will run like a class, with each of you going in the order your name appears on the list (a total of six times), taking the postures you are assigned one after the other.

- You will teach your postures back-to-back in the order that they appear in the table
- You will have up to twelve 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.
- You may use no notes when you are teaching and must keep your own time.
- **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
  - 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 time.
- **After you are finished teaching:**
  - Return students to Tadasana, request they take an internal focusMake 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. The order in which the postures will be taught resides in the first column. Marcia will center and provide Savasana to bookend the teachings and when time allows will teach undesignated postures and on occasion might ask you to PTE on the spot/teach some, too.

1	Balāsana	
2	Dandāsana	
3	Navāsana	
4	Pāschimottānasana	
5	Adho Mukha Svānasana	
6	Uttānasana	
7	Phalākāsana	
8	Vasisthasana	Meg
9	(Utthita) Trikonāsana	Meg
10	Virābhadrāsana II	
11	Virābhadrāsana I	
12	Parsvotthānasana	
13	Utthita Parsvakonāsana	Kevin
14	Parivṛtta Trikonāsana	Jen
15	Ardha Chandrāsana	Kevin
16	Vṛksāsana	
17	Virābhadrāsana III	Kevin
18	Virābhadrāsana IV	Meg
19	Garudāsana	Jen
20	Bhujangāsana	
21	Salabāsana	Jen
22	Urdhva Mukha Svānasana	Kevin
23	Dānurasana	Meg
24	Ustrasana	Jen
25	Setu Bandhasana (a.k.a. Setubandha S(h)arvangāsana)	
26	Gomukhasana	Jen
27	Upavistha Konāsana	Meg
28	Janu Sirsāsana	Jen
29	Ardha S(h)arvangāsana	Kevin
30	Matsyāsana	Meg
31	Baddha Konāsana	Kevin
32	Supta Matseyendrasana	