

A photograph of a man in a blue patterned t-shirt performing a handstand on a black mat. A woman with long curly hair, wearing a dark top, is crouching behind him, smiling and watching. The background is a bright, white studio with a wooden floor.

S A F E C O N T A I N E R

ASSIGNMENTS

O N L I N E T R A I N I N G

S A F E C O N T A I N E R A S S I G N M E N T S

Welcome!

There are six parts to your assignment for this section on Creating a Safe Container.

The reflections for this section are both about your personal journey and about yoga teaching.

To begin with, you're invited to reflect on your own self care, self enquiry and self practice, and commit to a week long daily practice of your choice.

You'll be invited to join me for a specialised Mental Health Aware Yoga class, to reflect on what you're already doing well in terms of creating a safe container, and what you'd like to improve on. You'll then have the opportunity to try one of these ideas out in your yoga class.

If you're still completing your teacher training course or have completed a training but never taught, I suggest using any yoga teaching experience you have (including teaching friends or fellow students) to use for the reflection about your past experience. If you aren't currently teaching a class, gather a group of friends or family members (a small group is fine) to teach a class to, bringing in the elements we've discussed in creating a safe container. If you are unable to teach a live class in person, teach a live online class instead.

There is space for you to write your reflections in this workbook, but if you prefer to copy the assignment tasks into your journal or onto your computer, please feel free to do so.

Once you have completed all the assignments for this section, please make sure that you tick the Safe Container checkbox on the Assignment Checklist page.

Enjoy,



S A F E C O N T A I N E R
A S S I G N M E N T S

1. REFLECTIVE JOURNAL

Reflect on your own self care, self enquiry and self practice.

S A F E C O N T A I N E R
A S S I G N M E N T S

2. SELF DIRECTED PRACTICUM

Commit to a week long daily practice of your choice, including the elements of self care, self practice and self reflection. Decide on your intention (how you plan to do this), record your daily practice, and then at the end of the week, reflect on your experience of doing this.

INTENTION FOR THE WEEK:

S A F E C O N T A I N E R
A S S I G N M E N T S

DAY ONE:

DAY TWO:

DAY THREE:

DAY FOUR:

DAY FIVE:

DAY SIX:

DAY SEVEN:

S A F E C O N T A I N E R
A S S I G N M E N T S

REFLECTIONS:

S A F E C O N T A I N E R A S S I G N M E N T S

3. SELF DIRECTED PRACTICUM

Go to the Yoga Classes page in the online shala and practise the Specialised Yoga Class video. Afterwards reflect on what you noticed from the class that was relevant to creating a safe container.

S A F E C O N T A I N E R
A S S I G N M E N T S

4. REFLECTIVE JOURNAL

Reflect on what you feel you're already doing well in your classes to create a safe container, and what you could improve on. Consider the environment, being present, being predictable, touch and boundaries.

S A F E C O N T A I N E R
A S S I G N M E N T S

5. SELF DIRECTED PRACTICUM

Choose one of the elements you could improve on, try it out in a yoga class you teach, then reflect on how it went (what went well, what didn't go so well, what you would do differently next time).

S A F E C O N T A I N E R A S S I G N M E N T S

6. REFLECTIVE JOURNAL

Reflect on these photographs. What do they bring up for you? Do you feel they are an appropriate way to assist a student? Why or why not?

There is space under each photograph to reflect on each assist.



S A F E C O N T A I N E R
A S S I G N M E N T S



S A F E C O N T A I N E R
A S S I G N M E N T S



S A F E C O N T A I N E R
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S A F E C O N T A I N E R
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S A F E C O N T A I N E R
A S S I G N M E N T S



T H A N K Y O U

