



T H E R A P E U T I C S K I L L S

ASSIGNMENTS

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

T H E R A P E U T I C S K I L L S A S S I G N M E N T S

Welcome!

There are seven parts to your assignment for this section on Therapeutic Skills.

Our yoga classes are not therapy, however yoga can be therapeutic. So this section is all about honing our skills as teachers to support the therapeutic benefits of yoga.

In these assignments you're invited to reflect on various aspects of the material and the way it relates to your personal life and teaching, to join me for a Mental Health Aware Yoga class that would be suitable in a regular yoga studio and to try some of the ideas out in your classes and with friends.

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 this section on therapeutic skills.

If you're still completing your teacher training course or have completed a training but never taught, use any yoga teaching experience you have (including teaching friends or fellow students) to use for the reflection about your past experience.

There is space for you to write your reflections in this workbook, but you're welcome to copy the assignment tasks into your journal or onto your computer.

Once you have completed them all, remember to tick the Therapeutic Skills checkbox on the Assignment Checklist page.

I hope you enjoy this process of self reflection.

With gratitude,

A handwritten signature in black ink that reads "Lauren". The script is fluid and cursive, with the first letter 'L' being particularly large and stylized.

T H E R A P E U T I C S K I L L S A S S I G N M E N T S

1. REFLECTIVE JOURNAL

Do you remember a time when someone met and accepted you just as you are, without trying to fix or change anything about you? Reflect on this experience.

T H E R A P E U T I C S K I L L S
A S S I G N M E N T S

2. SELF DIRECTED PRACTICUM

Go to the Yoga Classes page in the online shala and practise the Studio Yoga Class video. Afterwards reflect on what you noticed from the class that was relevant to therapeutic skills.

T H E R A P E U T I C S K I L L S A S S I G N M E N T S

3. REFLECTIVE JOURNAL

Reflect on what therapeutic skills you're already bringing into your classes, and what elements you'd like to bring more into your teaching.

T H E R A P E U T I C S K I L L S

A S S I G N M E N T S

4. SELF DIRECTED PRACTICUM

Have a conversation with a fellow Mental Health Aware Yoga student, a friend or a family member using some of the listening skills discussed in the training. Afterwards, ask them how the conversation felt for them. Reflect on your experience and their answers.

T H E R A P E U T I C S K I L L S A S S I G N M E N T S

5. SELF DIRECTED PRACTICUM

Experiment with bringing some of the languaging cues into a yoga class you teach. Reflect on the experience (both for yourself as a teacher and the response of your students).

T H E R A P E U T I C S K I L L S
A S S I G N M E N T S

6. SELF DIRECTED PRACTICUM

Experiment with cueing an individualised practice and moving rhythmically in a yoga class you teach. Reflect on the experience (both for yourself as a teacher and the response of your students).

THERAPEUTIC SKILLS ASSIGNMENTS

7. SELF DIRECTED PRACTICUM

Experiment with including more interoceptive cues in a yoga class you teach. Reflect on the experience (both for yourself as a teacher and the response of your students).

T H A N K Y O U

