

YOGIC PRACTICES

ASSIGNMENTS

ONLINE TRAINING



YOGIC PRACTICES ASSIGNMENTS

Welcome!

There are seven parts to your assignment for this section on Yogic Practices.

The first parts involve trying out and reflecting on all the practices in the Practice Library, as well as participating in and reflecting upon three yoga classes. Consider pacing yourself and doing it over a period of time, rather than practising them one after the other.

You'll then be invited to plan your own yoga class, and practise it yourself. Afterwards, you'll be invited to reflect on what you enjoyed and what you would do differently next time.

The next step is to refine this class based on your own experience, and to teach it to a group of students or an individual (if this is the intended setting for the class).

Remember, this is all about practise, not perfection. I wholeheartedly encourage you to use this as an opportunity to try out something new and see how it goes. If it falls flat, see it as an opportunity to refine your teaching and consider how you would do it differently next time.

There is space for you to write your reflections in this workbook, but it's likely that you will need more space for this section, especially when reflecting on the yogic practices and planning your class. So feel free to add more pages to this document, or take it all over to your computer or journal.

Once you have completed all the tasks, remember to tick the Yogic Practices checkbox on the Assignment Checklist page. You'll need to do this to be able to access the final assignments at the end of the course.

I do hope you enjoy this selection of practices and classes.

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.

YOGIC PRACTICES ASSIGNMENTS

1. SELF DIRECTED PRACTICUM

Go to the Practice library and try each of the yogic practices. After each practice, write a reflection about the effects of the practice, noticing in particular the effects on the koshas and the guṇas. If any practice is not appropriate for you, abstain from practising it and instead write reflections about why you chose not to practise it.

Y O G I C P R A C T I C E 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 Specialised Yoga Class video again. This time, pay attention to the practices and sequences that were taught, and the effect the class had on the koshas and guṇas. Write reflections about both of these.

Y O G I C P R A C T I C E S 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 Studio Yoga Class video again. This time, pay attention to the practices and sequences that were taught, and the effect the class had on the koshas and guṇas. Write reflections about both of these.

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4. SELF DIRECTED PRACTICUM

Go to the Yoga Classes page in the online shala and practise the Restorative Yoga Class video. If you don't have all the suggested props, use whatever you do have. Pay attention to the practices and sequences that were taught, and the effect the class had on your koshas and the guṇas. Write reflections about both of these.

Y O G I C P R A C T I C E S
A S S I G N M E N T S

5. SELF DIRECTED PRACTICUM

Sketch out a yoga class plan for a setting you would like to teach in when you have completed this training. Consider:

- i. The setting (e.g. a community centre, a regular yoga studio, private class etc).
- ii. The demographic (e.g. age, yoga experience, possible mental health challenges, physical capabilities, religious/spiritual beliefs).
- iii. Which guṇas might be predominant or is it a varied class?
- iv. The length of the class (appropriate to the setting and demographic).
- v. Practices, sequences, teaching themes, languaging, Consent Tokens, music and more.

Y O G I C P R A C T I C E S
A S S I G N M E N T S

6. SELF DIRECTED PRACTICUM

Practise the yoga class you just planned yourself, then reflect on:

- i. The effect the class had on your body, breath and mind.
- ii. What you enjoyed about the class.
- iii. What you didn't enjoy about the class.
- iv. What you would do differently next time.

Y O G I C P R A C T I C E S
A S S I G N M E N T S

7. SELF DIRECTED PRACTICUM

Rewrite the yoga class plan based on your reflections, then teach the class to a group or individual (depending on the intended setting).

After teaching the class, reflect on:

- i. How it felt to teach in this way (e.g. enjoyable, challenging, awkward, easeful).
- ii. How the student/s responded to the class.
- iii. What you felt went well.
- iv. What you felt didn't go so well.
- v. What you would do differently next time.

T H A N K Y O U

