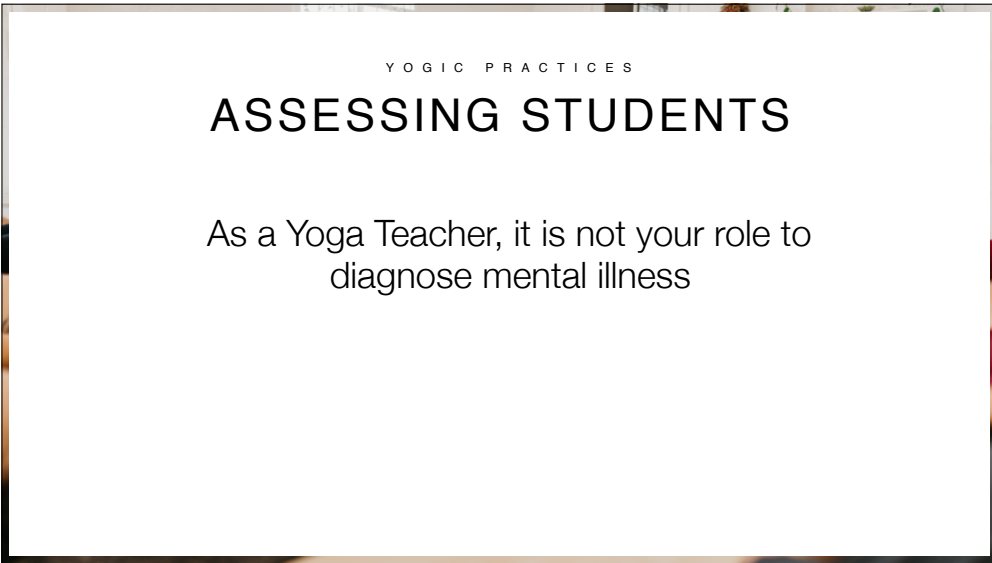




YOGIC PRACTICES

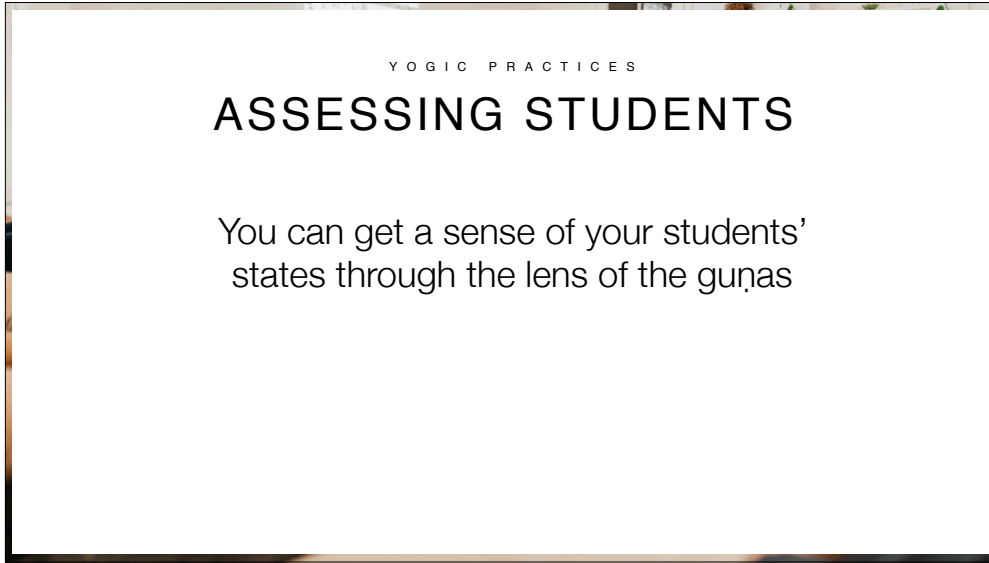
ASSESSING STUDENTS



YOGIC PRACTICES

ASSESSING STUDENTS

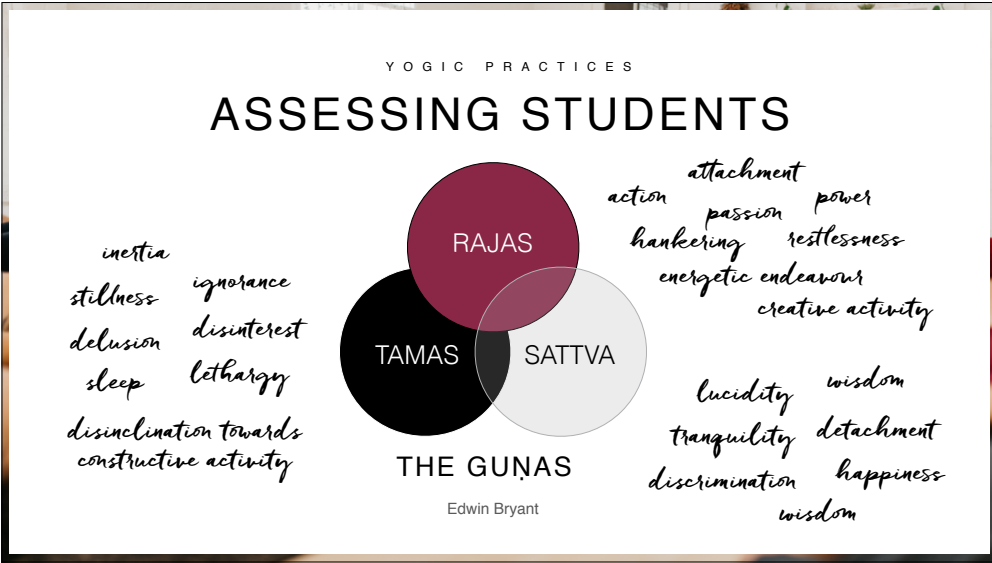
As a Yoga Teacher, it is not your role to diagnose mental illness



YOGIC PRACTICES

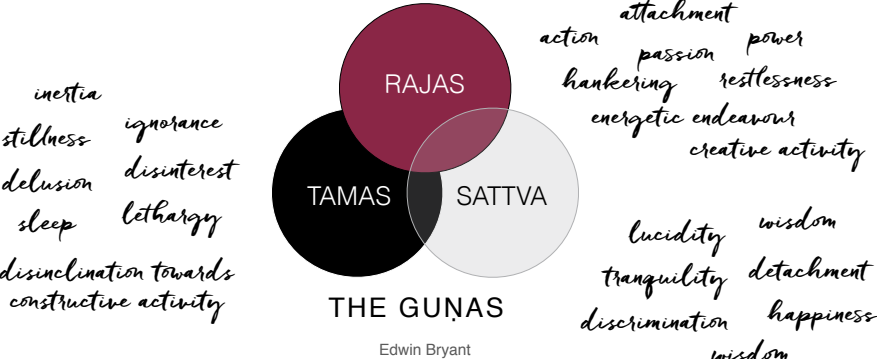
ASSESSING STUDENTS

You can get a sense of your students' states through the lens of the gunas



YOGIC PRACTICES

ASSESSING STUDENTS



YOGIC PRACTICES

ASSESSING STUDENTS

Studies have found a positive correlation between:

Sattva and positive psychological states

Rajas and anxiety

Tamas and depression

Putra and Sedlmeier (2014)

YOGIC PRACTICES

ASSESSING STUDENTS



TAMAS



RAJAS



SATTVA

YOGIC PRACTICES

ASSESSING STUDENTS

Notice the way your students arrive,
the speed they speak at,
their posture, breath and
the way they hold their bodies

YOGIC PRACTICES

ASSESSING STUDENTS

When you check in with your
students individually as they arrive,
you can listen to what they tell you about
how they are feeling

YOGIC PRACTICES

ASSESSING STUDENTS

You could hold a sharing circle
at the beginning of class
(always optional to share)

YOGIC PRACTICES

ASSESSING STUDENTS

Notice if students are striving for
perfection during class (rajas),
if they're giving up easily (tamas),
or if they are practising in a way that
matches their intention and ability (sattva)

YOGIC PRACTICES

ASSESSING STUDENTS

Notice a preference for a strong dynamic
practice, a gentle restorative practice or a
balanced practice that suits their
individual needs

YOGIC PRACTICES

ASSESSING STUDENTS

All of these factors will help to inform you
which of the gunas are predominant in
your students

YOGIC PRACTICES

ASSESSING STUDENTS

Starting your class in a similar way each time will help you to read the room and understand your students' needs in the class

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Anxious energy	Depressive energy	Content and calm energy

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Arriving early or arriving late and rushing into class	Arriving late and moving slowly into class, with obvious effort	Arriving mindfully and at the appropriate time

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Speaking quickly	Speaking slowly	Speaking calmly

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Moving quickly	Moving slowly	Moving calmly

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Moving continuously	Stooped shoulders and collapsed chest	Calm posture

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Tension in the face, including the jaw, brow and around the eyes	Expressionless face	Calm face

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Looking around the room	Looking down	Looking inwards and at the teacher

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Agitated, stressed, busy	Exhausted, overwhelmed	Calm

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Difficulty sleeping (can't get to sleep, night-waking or waking too early in the morning)	Over-sleeping (difficultly getting out of bed in the morning)	Restorative sleep (wakes feeling refreshed)

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Breath fast and shallow (in the chest), holding the breath	Breath shallow (looks like they're barely breathing), sighing	Breath easy and rhythmic (in the belly)

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Preferring a strong dynamic practice	Preferring a slow, gentle restorative practice	Preferring a balanced practice that suits their individual needs

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Perfectionistic, striving to get poses <i>right</i>	Disinterest, giving up easily	Practising poses in alignment with their intention and ability

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Feeling frustrated if they don't get poses <i>right</i>	Feeling disheartened and hopeless if they don't get poses <i>right</i>	Content with their ability in each pose, there is no <i>right</i>

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Easily irritated or angry	Cry easily	Calm

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Anticipating the next practice before the teacher gives an instruction	Losing track of the teacher's instructions, daydreaming	Listening attentively to the teacher's instructions

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Choosing the most advanced version of the pose	Choosing the most relaxing version of the pose	Choosing the pose that suits their individual needs in each moment

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Asking lots of questions	Not asking any questions	Asking questions occasionally when relevant

YOGIC PRACTICES

ASSESSING STUDENTS

RAJAS	TAMAS	SATTVA
Restless in śavāsana	Falling asleep in śavāsana	At ease in śavāsana

YOGIC PRACTICES

ASSESSING STUDENTS


Guṇas can be both traits and states

Putra and Sedlmeier (2014)

YOGIC PRACTICES

ASSESSING STUDENTS

Support our students to reduce rajas and
tamas, and in doing so bring sattva to the
foreground



T H A N K Y O U