



M E N T A L H E A L T H A W A R E Y O G A

FINAL ASSIGNMENTS

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

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F I N A L A S S I G N M E N T S

Welcome!

Now that you have finished all the lectures, questionnaires and assignments for each section, as well as the final questionnaire, it's time for your final assignments. It's going to be fun!

There are three parts to the final assignments.

The first part involves completing case studies. The second is writing an article on a topic of your choice related to yoga and mental health. The third involves designing, teaching, filming and reflecting on a yoga class.

You will need to submit your responses to all three tasks prior to the final feedback session.

Please make sure that you type your responses and keep them concise. **You will be asked to resubmit your assignments if they are not within the specified length.**

Please ensure your written and video content is all in English. At present, our mentors only speak English, and hence cannot review assignments in other languages. If English is not your first language, please let us know, and we will take that into consideration (and celebrate you for joining us for a course in English when it's not your first language). **You will be asked to resubmit your assignments if they are not in English.**

All the details about how to submit your assignments and book the session are on the page you downloaded these assignments from [here](#).

If you have any questions about the assignments, please take a look at the answers to our frequently asked questions [here](#) and don't hesitate to contact us at support@yogapsychologyinstitute.com if your question is not answered or you need additional support to complete the tasks. We're here to help.

Good luck!

Love,



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1. CASE STUDIES

Read through each of the case studies, and answer the following questions for each:

- a. Looking through a western psychology lens, what diagnosis might be relevant for this student?
- b. What led you to this conclusion?
- c. Looking through a yogic psychology lens, which guṇa might be predominant?
- d. What led you to this conclusion?
- e. Given your assessment, what practices or sequences might be suitable for this student, and what practices may not be?

Length: 1-3 sentences per question. You will be asked to re-submit if your answers exceed this.

CASE STUDY 1: PETER

Peter has been coming to your yoga classes for several years. Over the past few months, you've noticed that his attendance has dropped significantly, and when he does come, he is often late and sometimes forgets to bring his mat or his class pass.

When he arrives in class, he'll often lie down on his mat, in śavāsana or balāsana, and seem reluctant to start moving when you begin the class.

His posture is more hunched over than it used to be, with stooped shoulders and a collapsed chest, and you often hear him sighing loudly in class.

Previously, Peter would chat to his fellow students after class and sometimes go out for a chai with them afterwards, but lately he seems to leave without talking to anyone.

CASE STUDY 2 - LENA

Lena has just started coming to your classes. In the first class, she told you that she had been wanting to come to yoga for years, but felt too shy to come and didn't know what to wear.

Lena has been attending class with her older sister, who helps her with the props and answers Lena's frequent questions about details of the poses.

She appears to hold tension in her jaw and between her eyebrows, and you can see that her breath is shallow. She holds her breath in some postures.

Lena often seems flustered and unsure of what to do, and she often looks around the class to see what others are doing. In śavāsana, Lena appears restless and uncomfortable and as soon as śavāsana is over, she jumps up quickly and leaves as fast as she can, without talking to the other students.

CASE STUDY 3 - AMAYA

Amaya has been attending your class for a few months now. In her intake form, she wrote *'I'm getting over something big, and thought yoga might help.'*

She seemed very nervous and jumpy in class for the first month, but now seems a little more comfortable and at ease. However, if there is a loud noise outside the studio or if the bathroom door slams shut loudly, she startles and looks around the room with wide eyes.

Occasionally Amaya looks spacy, like she's daydreaming and not really present in the class. You've noticed that she always places her mat at the back of the room, and if a male student puts his mat next to hers, she'll move to another part of the studio.

Amaya leaves her Consent Token with the *no thanks* side up in every class, and when there is the option of partner work, she always chooses to practice on her own, rather than pairing up with someone in the class.

You've noticed that Amaya keeps her eyes open in the class the whole time, even in *śavāsana*.

CASE STUDY 4 - EMIL

Emil has been attending your 6am yoga class five times a week for a number of years. He has a shower at the studio after class, then heads into the city to his corporate job.

You've noticed lately that he often looks unwell and exhausted, with dark circles under his eyes, significant weight loss and bitten down finger nails.

Emil used to come into class with a spring in his step and a smile for everyone, but lately, he seems irritable, overwhelmed and tense.

Lately, he has been frequently late to class, his attendance has dropped and he'll often stay longer in *śavāsana* at the end of class, seemingly reluctant to leave the studio.

2. WRITE AN ARTICLE

Write a 500-1000 word article on a topic of your choice related to yoga and mental health.

Choose a topic that you are interested in and would like to explore more deeply, and write an article to share with your intended audience.

Be sure to:

- a. State your intended audience (e.g. yoga students, yoga teachers, general public, health professionals etc).
- b. Choose a photograph to include in your article (this could be one of your own, or from free stock photography like [Unsplash](#), [Pexels](#) or [Canva](#)).
- c. Reference your sources.
- d. When writing the article and choosing an image, consider the ethics section of this training, particularly scope of practice, confidentiality and promotion.
- e. Include a brief bio at the end of the article (2-3 sentences).

Length: 500-1000 words. You will be asked to re-submit if your word count is not within this range.

3. TEACHING A YOGA CLASS

Record yourself teaching a 30-minute yoga class, in a style of your choice, demonstrating the principles of Mental Health Aware Yoga, and reflect on your teaching.

- a. Review your reflections from the class you taught for the Yogic Practices assignments.
- b. Decide on the student demographic and location that you like to design a class for your final assignment, for example:
 - Demographic: New mothers, refugees, busy professionals, individuals experiencing depression/anxiety/stress/trauma, high school students etc.
 - Location: Yoga studio, hospital, community centre, rehab clinic, gym, retirement village, school, Zoom etc.
- c. Plan a 30-minute yoga class to meet the needs of the student/s you identified (and drawing on the reflections you made in your Yoga Practices assignment).
- d. Record a video of yourself teaching a 30-minute class, demonstrating the principles of Mental Health Aware Yoga, including:
 - The way you begin and end the class
 - The environment you are teaching in
 - Being present and predictable with the students
 - Choice of practices, and the way they are sequenced, to meet the needs of the student/s you are teaching
 - Offering genuine options and choice for practices
 - Orientation towards ease/comfort (encouraging students to listen to their bodies)
 - Touch and consent
 - Language
 - Rhythms of the yoga class
- e. Compassionately watch the video (remember this is about growth, not criticism!)
- f. Write down the following to submit:
 1. Who you were teaching to (including demographic/location/group or individual)
 2. Reflections on:
 - i. What you felt went well
 - ii. What you felt didn't go so well
 - iii. What you would do differently the next time

Length: Video 30 minutes and written component one page or less. You will be asked to re-submit if they exceed this. You are not required to submit your class plan.

T H A N K Y O U

