

HOLIDAY BREAK (2015-2016)

Assignments for Insight Teacher Training

1. Review handouts "Principles of Demonstration," "Principles of Instruction," "Principles of Observation," "Principles of Adjustment, Correction and Refinement"
2. Practice Virabhadrasana III and Ardha Chandrasana and prepare for small group instruction. Choose one of these postures to teach to your small group (either a variation that you find useful or the full pose) and offer verbal and physical adjustments. You may include a warm-up movement or two if able to accomplish within 10 minutes. Please be prepared to keep track of your own time. This will be the first "Yoga Basics" class assignment after the break.
3. Start to formulate a constitution (dosha) based practice (15-20 min max). This would be the "meat of the sequence" after your warm up. Choose the dosha that you will be attempting to balance with your practice and offer instruction related to it. Be prepared to share these sequences with small groups at "Yoga Basics" classes beginning January 20.
4. Review Vijnanmayakosha and Anandamaykosha chapters in Yoga for Transformation for Friday Jan 15 and Friday Jan 22 (respectively).
5. Consider your community - who might you start to teach. How would you organize this group (location, props, style of asana)? Prepare to share in small group conversation.
6. Have fun!
7. OM