

Karuna Yoga Vidya Peetham
Bangalore, India
Student Daily Self - Assessment Sheet
Paper - 2 Yoga Teaching Methodology

2. Yoga Teaching Methodology	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
1. Introduction					
1.1. Trend of Teaching					
1.2. Methodology					
1.3. Need of Yoga Teaching Method					
1.4. Importance of Teaching Method					
02. Physical Setting					
i) Dedicated space					
ii) Floor					
iii) Walls					
iv) Air					
v) Light					
vi) Music					
vii) Aroma					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
viii) Props					
ix) Mats					
x) Blankets					
xi) Bolsters					
xii) Blocks					
xiii) Straps					
xiv) Chairs					
03. Class Etiquette					
i) Cleanliness					
ii) Scents					
iii) Attire					
iv) Bare Feet					
v) Talking					
vi) Arriving/Departing					
04. Classroom Setup and Orientation					
4.1. Layout of the room & Placing Mat					

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05. Waking Up the Spiritual Environment					
i) Greeting your class					
ii) Getting situated					
iii) Setting intention					
iv) Chanting the sound of aum					
v) Guiding asana as meditation					
vi) Rhythm of Nature					
vii) Ambiance					
06. Voice and Language					
07. Querying new students					
1. Practiced yoga? Style? Duration? Frequency?					
2. Any injuries					
3. Are you pregnant?					
4. Daily work or lifestyle?					
5. Any physical exercise?					
08. Class Levels and Prerequisites					
8.1. Beginners, Intermediate, Advance, & Mixed class					

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09. Instructing Asanas					
i) Breath, alignment, Chakras, Variations					
ii) Modifications, Props, Transition in & Out					
iii) General & Individual Guidance					
a) Positioning and Demonstration					
b) In-the-flow demonstration					
c) Gather-around demonstration					
10. Partner Standing Observation					
i. Feet					
ii. Achilles					
iii. Calves					
iv. Knees					
v. Hips					
vi. Arms					
vii. Shoulders					
viii. Head					
ix. Ear					
x. Shoulder & hip					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
xi. Upper back hunched (kyphosis)					
xii. Chest					
xiii. Pelvis					
xiv. Knee & ankle					
11. Ethics in Teaching and Touching					
12. Practice Teaching Observation					
i) Yama					
ii) Niyama					
13. Different learning styles					
a. Visual learning					
b. Auditory learning					
c. Kinesthetic					
14. Marketing a Yoga Business					
1. Introduction					
2. Yoga Marketing Plan: Who Is Your Target Audience?					
3. Yoga Teacher Marketing: Choose Your Niche					
4. Marketing for Yoga Instructors: Decide On A Name & Logo					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
5. Yoga Social Media Marketing					
6. Research the Competition					
7. Using Hashtags to Do Competitor Research					
8. Using Captions & Hashtags to Improve Reach					
9. Choose A Good Caption					
10. Using Localized Hashtags					
11. Interact with Similar Accounts					
12. How Do Interactions Help Your Yoga Instagram Marketing Strategy?					
13. Yoga Social Media Marketing: Be Consistent					
14. Follow the 80-20 Rule					
15. Yoga Social Media Marketing: Collaborate!					
16. Yoga Advertising Ideas: Paid Ads on Facebook and Instagram					
17. Online Workshops & Webinars					
18. Yoga Marketing Website: Why You Need One					
19. Google My Business for Yoga Teacher Marketing					
20. SEO & Content Marketing Tips for Your Yoga Business					
21. Yoga Studio Marketing Ideas: Start a Blog!					
22. Yoga Advertising Ideas: Paid Google Ads					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
23. How to Use Email Marketing for A Yoga Business					
24. Once you've built an email list, what now?					
25. Marketing a Yoga Business Offline					
26. The class experience results into 'word of mouth' marketing					

11. Techniques	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
11.1. General Principles of Yogic Practices					
11.2. Asana Laboratory Observation					
I. Breath and general vibe					
II. Feet and ankles					
III. Knees					
IV. Pelvis					
V. Spine					
VI. Rib cage					
VII. Chest and collarbones					
VIII. Shoulders, arms, hands, and fingers					
IX. Where is the model's energy?					
11.3. Basic Elements of Asana Practice					
11.3.1. Being Present					
11.3.2. Relaxing					
11.3.3. Breathing					
11.4. General Principles in Giving Physical Cues and Adjustments					

11. Techniques	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
11.5. How Not to Touch					
11.5.1. Distally					
11.5.2. Forcefully					
11.5.3. Meanderingly					
11.5.4. Blindly					
11.5.5. Destabilizing					
11.5.6. Randomly					
11.5.7. Inappropriately					
11.6. Modifications, Variations, and the Use of Props					
11.6.1. Props help students find stability and ease					
11.7. Pacing and Holding Asanas					
11.7.1. Basic considerations					
11.7.2. Class definition					
11.7.3. Student ability					
11.7.4. Class theme					
11.7.5. Time constraints					
11.8. Refining Asanas					

11. Techniques	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
11.8.1. Individualizing Instruction					
0) Tadasana (Mountain Pose)					
i) Uttanasana (Standing Forward Bend)					
ii) Urdhva Mukha Svanasana (Upward-Facing Dog Pose)					
iii) Adho Mukha Svanasana (Downward-Facing Dog Pose)					
iv) Virabhadrasana I (Warrior I Pose)					
v) Virabhadrasana II (Warrior II Pose)					
vi) Ardha Chandrasana (Revolved Half-Moon Pose)					
vii) Sirsasana I (Headstand I)					
11.9. Transitioning into Asanas					
11.10. Transitioning out of Asanas					
11.11. Seven Principles of Hands on Adjustments					
Principle 1: Teach What You Know					
Principle 2: Ask Permission to Touch					
Principle 3: Have Clear Intention					
Principle 4: Move with the Breath					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
Principle 5: Honor Safe Biomechanics					
Principle 6: Teach Essential Asana Elements					
Principle 7: Support Stable Foundations					
Asana Techniques					
20. Sthiti (initial) and Sithila (relaxation) postures for all asanas.					
a. Initial standing posture – Tadasana					
b. Standing Relaxation Posture - Sithila Tadasana					
2. Sitting Asana					
a. Initial Sitting Posture – Dandasana					
b. Sitting Relaxation Posture - Sithila Dandasana					
3. Prone asana					
a. Initial Prone Posture					
b. Prone Relaxation Posture – Makarasana					
4. Supine asana					
a. Initial Supine Posture					
b. Supine Relaxation Posture – Savasana					
21. Methods of Asana Instructing					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
1. Verbal Introduction					
2. Silent Demonstration					
3. Demonstration with breathing and alignment					
4. Techniques demonstrated and explained in stages					
5. Benefits					
6. Contraindications					
7. Question and answer					
8. Group Practice					
9. Detection and correction of mistakes					
22. Basic Arc Structure of Classes					
22. 1. Initiating the Yogic Process					
22. 2. Warming the Body					
22. 3. Pathway to the Peak					
22. 4. Exploring the Peak					
22. 5. Integration					
23. Principles of Sequencing Asana					
23. 1. Applied Parinamavada(theory of transformation)					

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23. 2. Move from Simple to Complex Asanas					
23. 3. Move from Dynamic to Static Exploration					
23. 4. Sattvic Effect: Cultivating Energetic Balance					
23. 5. Pratikriyasana(counter pose)					
24. Sequencing Within and Across Asana Families					
24.1. Surya Namaskara and Fluid Flow Sequences					
24.2. Standing Asanas					
24.3. Abdominal Core					
24.4. Arm Balances					
24.5. Backbends					
24. 6. Twists					
24.7. Forward Bends					
24.8. Hip Openers					
24.9. Inversions					
25. Verbal Cues for asana alignment					
1. Sequencing Cues for Standing Asanas					
2. Sequencing Cues for Arm Support Asanas					

	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
3. Sequencing Cues for Back Bends					
4. Sequencing Cues for Twists					
5. Sequencing Cues for Forward Bends					
6. Sequencing Cues for Inversions					
7. Asana Alignment Keywords					
26. Asana alignment Picture					