

Overall Feedback and Suggestion

Name:

Course: 100/200/300/500 Hr TTC

S. No.	Topic	Scoring Marks 01 to 100 %
1	Yoga, Anatomy, Physiology	
2	Kinesiology	
3	Bio-Mechanism	
4	Yoga Philosophy, Lifestyle and Ethics	
5	Surya Namaskara (Sun Salutation) Sivananda	
6	Chandra Namaskara (Moon Salutation)	
7	Ashtanga Surya Namaskara – A	
8	Ashtanga Surya Namaskara – B	
9	Standing Asana	
10	Forward Bending Asanas	
11	Backward Bending Asanas	
12	Vajrasana Group of Asanas	
13	Sitting Asana	
14	Meditation Asanas	
15	Spinal Twisting Asanas	
16	Relaxation Asanas	
17	Supine Asana	
18	Prone Asana	
19	Inverted Asanas	
20	Core Asana	
21	Hip Opening Asana	
22	Balancing Asanas	
23	Name of Pose, Benefits, Contraindications	

24	Asana Demonstration 1. Sthiti (initial) 2. Transition In with breathing and awareness 3. Final Pose reflection and refinement a. Stability b. Comfortability c. Alignment d. Active muscles and relaxed mind) 4. Transition Out with breathing and awareness 5. Sithila (relaxation)	
25	Teaching Skills Language Pronunciation Space between words Voice Demonstration Hands on adjustment Teachers Energy Level	
26	Alignment cues	
27	Asana touching adjustment	
28	Taking Hatha yoga class	
29	Taking Vinyasa yoga class	

Follow Up Suggestion: