

# Teaching Foundations Overview

Assessment



# Teaching Foundations Overview Quiz <sup>1.8</sup>

1. Name four or more general categories of skill that contribute to good yoga teaching.

---

---

---

---

---

---

---

---

2. While teaching, what are some priorities regarding presence and mindful awareness?

---

---

---

3. Describe specific objectives related to improving knowledge of teachings.

---

---

---

---

---

---

---

---

4. Give examples of skillful teaching.

---

---

---

---

---

---

---

---

---

---

---

---

5. What tasks contribute to promoting student safety?

---

---

---

---

---

---

---

---

6. What are some practical tips for effective teaching?

---

---

---

---

---

---

---

---

7. Describe three levels of teaching.

---

---

---

# Teaching Foundations Overview Answer Key <sup>1.8</sup>

1. Name four or more general categories of skill that contribute to good yoga teaching.
  - Presence
  - Humility
  - Healthy Boundaries
  - Personal Practice & Self-Study
  - Knowledge of Teachings
  - Skillful Teaching
  - Promoting Student Safety
2. While teaching, what are some priorities regarding presence and mindful awareness?
  - Return your awareness to your breath, thoughts, energy and expression.
  - Stay grounded in your body while teaching.
3. Describe specific objectives related to improving knowledge of teachings.
  - Prioritize personal practice and self-study.
  - Stay in touch with your personal motivation to teach.
  - Remain a student: be curious and intent on improvement.
  - Solicit feedback. Invite awareness of personal weaknesses and mistakes and enthusiastically embrace professional development.
  - Rather than “naive practice” (a form of repetition), engage in “purposeful or deliberate” teaching practice, which specifically builds on strengths and improves weaknesses.
4. Give examples of skillful teaching.
  - Always teaching the basics, such as maintaining awareness of the breath; paying attention to bodily sensations, thoughts and emotions; and in *asana*: maintaining a balance of effort and ease and a focus on function and safe form.
  - Embracing repetition.
  - Having clear teaching objective.
  - Inviting challenge while making teachings accessible.
  - Mindfully choosing words for clarity and effectiveness.
  - Allowing pauses in teaching for students to process and go inward and watching to see if the teaching has been assimilated before giving another instruction.
  - Using one’s authentic voice.
  - Adapting or changing a class plan to effectively respond to a particular situation.
  - Teaching based on what is seen in students.
  - Individualizing teachings for various student needs.

5. What tasks contribute to promoting student safety?
  - Undertake specialized study before teaching children or students with injuries or conditions.
  - Foster a safe, noncompetitive environment.
  - Provide variations, alternatives and personalized options.
  - If a class is too large to provide individual attention, avoid risky and/or complex postures.
  - Utilize safe sequencing.
  - Be cautious with risky *asana* and movement flows.
  
6. What are some practical tips for effective teaching?
  - Mirror students when demonstrating.
  - Greet students; smile sincerely.
  - Honestly, sincerely acknowledge students' efforts.
  - Address different learning styles.
  - Continue to learn how students communicate about their experience and sensation.
  - Experiment with different verbal cues; study responses.
  - Practice your sequence before class.
  
7. Describe three levels of teaching.
  - Information
  - Method
  - Transmission