

Teaching Methodology Intro & Overview

Assessment



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.

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