

Easton Yoga School 200hr Yoga Teacher Training

Class Observation Outline

3 per month: One level 0-1-2 and two level 2-3
2-3 level

Date: 4-18-2017

Teacher: Alicia

Topic: Spiritual/Monthly Focus: Prana

Topic: Posture/Asana: movement & breath creating energy

General Observations:

No music was used until breath was established
Most used words were inhale, exhale and slowly, without strain
Child's pose was more dynamic with arms long
Alicia did not use any notes, only the book for the reading

Flow:

Access to breath position:

On back, soles on mat, feet apart, knees together, shoulders tucked down

Knee circles

Knee to chest, switch

Knee across to twist

All fours, cow, cat, down dog

Hip and heels use

Plank

Childs

Repeat

Runners lunge, up and down by lengthening leg

¼ turn, Forward fold, ½ fold

Arms up

Warrior 2

Peaceful warrior

Down dog

Repeat on opposite side

Plank, down to mat, cobra, plank

Down dog, 1 leg up, Step forward

Blocks in runner's lunge, draw hips back

Side stretches standing

Students:

Flexibility varied and was most apparent on the forward fold and the side angle

Wheel is not commonly done. Only 3 in 11 students did wheel.