

Easton Yoga School 200hr Yoga Teacher Training

Class Observation Outline

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

Date: 4-26-2017

Teacher: Sue Papas

Topic: Spiritual/Monthly Focus: Sue read a spiritual passage.

Topic: Posture/Asana: There was no specific posture featured.

General Observations: These students were all challenged for doing yoga either by weight, injury or disability. Sue lead them through an entire, complete yoga practice session and all were able to participate through extensive use of modification and props.

Flow:

1:45

Talk about breath

Students were seated in the chairs. Attention was given to pressing the feet into the floor, feeling the sits bones on the chair cushion and opening the shoulders. Hands were on the lap, palms up.

Breathing

Hands on ribs to feel motion

Talk about ocean breathing

Forward fold while seated in chair, hinging over with a flat back

Repeating with inhale and exhale

Arm lifted up and over head, switch arms

1:55

Extend right leg, using strap if required

Circle foot, reverse circle

Repeat other foot

side cross leg in chair, bend over reaching with the crown of the head (Seated pigeon)

switch legs

repeat

at the wall

back to the wall, feet beneath knees

slide down wall

shoulders to wall, hands in prayer

push up

peddle out

push ball – a down dog variation

walk hands down wall while stepping away until you are in down dog against the wall

face wall, bended left knee toward wall, right leg goes back

switch legs

warrior 3 on wall

arms straight out to wall, hips straight, one foot up, take opposite hand off the wall

reverse

variation was using the chair seat instead of the wall

stand, rotate shoulders back, feet hips distance apart, hands in prayer

reconnect with breath

lunge with hands on chair seat

straighten front leg, up on toes with back foot

inhale, exhale

reverse

with hands on chair, down dog, 3 legged dog, warrior 3

stand, hands in prayer

forward fold, half fold

repeat

with hands on chair, lunge, straighten front leg, triangle or camel, down dog

reverse

2:20

Breath and prana talk

Turn chairs around, side bends, open feet wide

warrior 2 legs, arms out, arms up

inhale/exhale

reverse

repeat

2:25

Legs up the wall

Roll over and out

2:30

On backs, bent legs, goal post arms, awareness of shoulders and feet

Press up to bridge

On backs, bent legs, legs to one side, then other for a twist

On backs, bent legs, knees apart, legs to one side, then other for a twist

savasana

Students:

Students all participated enthusiastically.