

Easton Yoga School 200hr Yoga Teacher Training

Class Observation Outline

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

Date: 5-3-2017

Teacher: Sue Papas

Topic: Spiritual/Monthly Focus: Attachment and this session the idea of surrendering to make room for new

Topic: Posture/Asana: I didn't see a specific posture

General Observations:

- The class was much more therapeutic movement than asanas.
- Language used was often, "think about your _____," fill in the blank with a body part doing something. These statements led the student to understand the pose better.
- Sue's cues are often: "inhale and _____."
- Breath cue: "take the biggest, longest inhale you've ever taken!"
- Sue often does the pose or sequence as she cues it. Her sequences are easy though, and the pace is not fast.

Flow:

On back, knees up, the chin is not higher than the forehead

Music on

Breath - Breathe up vertebrae from the bottom of the back to the crown of the head and back down the spine, bringing warmth and relaxation

Discussion of ocean breathing

Stretch and breath

Still on back, hands over head, keep shoulders on the floor

Make an arc shape with the arms and legs bent to the same side

Stretch and breathe into the side rib

Switch

Circle knees with hands cupping knees

Circle knees holding thighs

Twist – held maybe 2 minutes

Feet on floor, arms in T

Keep shoulders on floor, twist

Use bolsters and blankets to prop legs

Breathe into top rib
Reverse

All fours – description of pose
Child's pose– description of pose
Reminder that child's is a "letting it go" pose

Cobra
Sphinx – description of pose
Plank
Child's pose enhanced
Lean to right exhale, inhale to center, lean to left exhale

Movement with breath set: Down dog, All fours, Child's pose

Hand walk back to feet

Movement with breath set:
Arms up – inhale
bend to left -exhale
back to center -inhale
bend to right – exhale

Top of mat, mountain – description of pose

Hands to hips
Movement with breath set:
twist left as you inhale
twist right as you exhale
Arms out and up as you twist left inhale
Arms out and up as you twist right exhale

Chairs were used next
Arms up above head then down to chair – modified down dog
Movement with breath set:
Bend knees
straighten knees

chair pose – without using the chair

inhale arms up
forward fold to chair
right hand on chair, left on sacrum
twist to left, left hand up and forward, look at hand, then back to chair

forward fold to chair

supported warrior 3 left with one hand off chair seat

10:15

Warrior 2 without chair

Triangle with chair

“Revolved twist” (I think that’s what Sue said.)

Left hand on chair, right hand on sacrum, twist right

Reverse

Gondosana (I think that’s what Sue said.)

Set, legs long, strap to feet, heart forward

Lift the arms up, then down and take care not to let the spine collapse

Legs up the wall

10:30

Restorative pose bound something, while reading about letting go

10:45

Breathing

shavasana

Students: Students were 100% attentive.