

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: 5-4=2017

Teacher: Alicia

Topic: Spiritual/Monthly Focus: Abundancy

Topic: Posture/Asana: didn't see a particular asana being the focus

General Observations:

I was listening to cues and other words more than recording asana sequences this time
I heard phrases

Lengthen through the crown of the head

Lengthen from the tail bone to the sternum

Using your mind's eye to watch the breath and the body

With eyes closed, come into contact with your breath

Hinge at the hip crease

Alicia reinforces with "that's it" and "good" but she doesn't do this often

Flow:

On back, knees up, arms out, palms up

Breath talk

Sway knees left and right

On back, right knee in, left leg out

Swing knee from side to side to twist

Breathe into right upper lung, switch, left upper lung

Gently roll over to all 4s

Childs with a pelvic tilt for a more extended spine, walk fingers left, then right

6:45 music just on now

Tuck toes and come up to downward dog

Peddle

Inhale and lift hip and heels

Forward fold, relax head, swag from side to side

Roll up to standing

Mountain, hands over head, mountain

Poetry reading – very nice poem on peonies

Sun Salutation series

Chair, up, dive to Forward fold, plank, dd, jump or step to the front of the mat

7:00

Warrior 2
Side angle
Peaceful warrior
Triangle

Side angle
Peaceful warrior
Vinyasa

7:06

The music needs more speed and stronger beat now

Supported warrior 3, tree, chair, plank, lower, cobra, down dog,
Right foot comes forward followed by the left
Peaceful warrior
Triangle
Cartwheel down
Stand
Tree

Vinyasa

Right foot forward for a lunge
High crescent, goal post arms
Prayer twist
Hand to mat, left in lunge, down dog
Repeat with warrior 3, not prayer twist

Pyramid
Triangle
Supported warrior 3

Down to mat seated
Seated twist and counter twist

Step back to downward dog
Vinyasa
Pyramid
Standing twist (kind of a triangle)

Seated twist
Downward dog
Vinyasa

7:25

Plank, child's pose

Bridge

Knees come to chest, rock side to side like in the beginning

Breath

One hand to heart, on hand to belly

to notice how the body feels from movement and breath

shavasana

Students:

One student struggled and needed blocks.

I blew this. I hadn't seen him as a student before. I thought he was new and I tried to tell Alicia that maybe he need to know we had blocks. Evidently, students sometimes choose to do their practice like this, where they don't take advantage of props. We should not make mention when this happens. It's their business, not ours. I just hope everyone knows the props are available and where they are.