

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: 6-24-2017

Teacher: Chris

Topic: Spiritual/Monthly Focus: Sun Salutation

Topic: Posture/Asana:

General Observations:

This class was a simpler version of 2 and 2-3 classes. It was not focused on therapeutic, like the 55 and better was.

Chris reinforces with “nice” and “yeah.”

Chris says, “ride that wave of your breath.”

Chris says, “check the spine. Is it as long as it can be?”

Flow:

Soles to floor, bent knees.

Arms out, palms up.

Take a moment to notice breathing.

How do you breathe?

Take 3 deep breaths.

Take it as it's a light going into the belly and filling up the lungs to your collar bones.

Ujjayi breathing technique discussed.

Ujjayi in through the nose, and out through the mouth.

Very short reading.

Set intention.

Strap for hamstring stretch on back.

Music on now.

Cross leg into figure 4, called seated pigeon.

Happy baby.

Breath review.

Come up to seated.

Set with a blanket so that hip crease is in line or below knees.

Arms wide then out and up and back to prayer with an inhale, exhale.

Lean over to left and right, reaching through the rib cage.

Lean forward with fingers tented on the floor.

Walk to one side then the other. Drop the head and reach from the heart.

Table top, cat, cow.

Right leg back, roll back and forth, then lift the leg, then knee to nose.

Back to table and tread the needle.
Repeat other side.
End in plank, lower to mat.
Cobra 3 times.
Lift hips to down dog.
Separate feet more for first down dog.
Walk hands back to feet.
Half lift 3x
Hands to hip crease, then half lift with flat back.
Forward fold.
Blocks to front of mat.
Mountain.
Sweep arms up, forward fold to blocks.
Arms out like wings, up to standing, hands to prayer.
Review breath.
Take fingertips together and make a basket with the arms.
Draw breath in and up with the arms to the heart.
Release breath and push hands out.
Repeat breathing 3x
Float down do a few half lifts and forward folds.
Step back to runners lunge with blocks.
Drop knee and reach up to a crescent.
Down to mat.
Cobra 3x
Table
Down dog
Walk back to feet
half lifts and forward folds
mountain, lunge on other side
step back to runners lunge with dropped knee, twist back to center
table
down dog
table
childs
down dog
walk to feet
half lifts and forward folds
roll up one vertebra at a time, shake it out.
To wall – half lift with straight spine, getting as long as you can
Sideways on mat with blocks
Wide legged forward fold
Warrior 2
Reverse triangle
Goddess
Wide legged forward fold, arms spread out like wings sweep up to sky
Warrior2, peaceful, lunge, plank with knees

Down to mat, cobra
Table, childs, table, dd
Walk hands to feet
Roll up
Repeat other side
Extended side angle, peaceful
Gather in a circle linking arms over shoulders
Tree
Tree with back bend
Switch sides and repeat

Down to mat
Reverse table
Cobblers
Staff
Staff with leg in for a side stretch, reverse

On backs, soles on mat
Arm back then forward like a wave

Twists – on back, arms out, soles on mat, lift hips and shift to one side

Breath review – feel breath coming into ribs, co2 out, o2 in

Savasana – explanation of pose and purpose

Students: Students were 100% attentive.