

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: 7-27-2017

Teacher: Alicia

Topic: Spiritual/Monthly Focus: The Heart

Topic: Posture/Asana:

General Observations: The class seemed to be a light one for physical activity, but had enough breathing and potential chakra action to be highly effective.

Flow:

For 5 minutes

Used blocks

1 at bra line, 1 at crown of head

Hands grasp the block at the crown, with the elbows up

Knees are bent and fall toward each other

Take full deep breaths

Slow inhale, filling your lungs and slow exhale empty your lungs

Inhale to a comfortable capacity

exhale without straining, releasing co2 and anything else we no longer need

begin ujjayi

taking more access to diaphragm and more access to lungs

slowly roll to seated to move block

on back, arms can reach back, palms up, knees bent

ujjayi breath

breath centered movement

legs drop left, center, right

9:46

Knees into chest

Move ankles, make circles, point and flex, spread toes

make the full length of expanding inhale and the full length of the exhale

make small circles with knees as if stirring a small pot slow with inhale & exhale

roll over to all 4s
slide back hip crease, bring down heart, bring down head to child's
music on now
all fours, pause, move weight to hands, knuckles, press down
extend a leg, stretch hell, switch

9:55

Square hips parallel to floor
Lift leg hip height
Exhale once
back down to child's
other leg

cat, cow

step one foot back, lift, inhale, round in knee to nose (don't lift chin)
child's
all fours
repeat other leg

10:00

all fours
down dog
all fours
child's
repeat

breathe in, breathe out

3x
plank
knees down, hips to heels, child's
all 4s

3x
walk back to ff
ff – let the head be the last to arrive
half lift, hands on thighs
hands out and up like wings
ff all the way down, leading with the heart
rise all the way up using legs
float arms down

3x
inhale right arm out & up, stretch to left
weight even on both feet
exhale arms down

Modified SunSalute

Repeat 3 x

Blocks to front of mat

Feet hips distance apart

Press feet down

Arms go out and up

Ff at hip crease

Half lift

Ff, hands to mat

Right leg back to lunge

Left leg back to dd

Plank (inhale)

Down to mat (exhale)

Cobra (inhale)

Lengthen & lower

Plank (exhale)

Dd breath in and out, in and out, hold a bit here

Right foot forward, left follows

Step to front of mat

Rise with arms up

Repeat once with other leg

Lunge

Windmill arms up to

W2

Exhale, inhale

Peaceful

Cartwheel with an exhale to blocks

Step back to dd

Plank – exhale to plank, inhale in plank

Inhale right foot forward followed by the left to ff at front of mat

Inhale all the way up

Ff, step back

w2

peaceful

extended side angle

peaceful

cartwheel down to dd

inhale to plank, exhale to mat

inhale cobra, exhale dd

inhale all 4s

10:20

Step forward between blocks routine:

Hands on blocks, Leg up in standing split– step forward between hands

Other foot in
Inhale, rise to stand
Exhale
Inhale arms sweep up
Exhale arms float down

W2, inhale peaceful, ex side angle, in and exhale
Peaceful, lunge
Dd, plank, exhale down to mat
Dd
All 4s

3x
Twisted lunge with blocks
Lunge with weight into left hand
right hand goes up for twist
step forward to ff
reverse for other side

10:30

All 4s
Bridge demo
Block under sacrum, palms up
Block maybe under chest to open heart

10:37

Full breath in, full breath out
Wind shield wiper legs following breath

Lights out

Stay with ujjayi breath
Breathing in and breathing out

10:43

Alternative nostril breath
Left hand blocks left nostril
Right nostril is open
Breath here
Reverse

Legs up the wall, knees bent

10:49

savasana

