

ShivaShakti Synthesis

Practice Teaching – Outline for Lesson Plan

Student Name:

Specific Class Elements (Focus on consistency, sequencing and use of language/terminology.)

Opening Centering (During which week? Setting theme/intention; checking-in; addressing safety issues.)

Breath (Which breathing technique is being used and/or taught; is it appropriate to the class?)

Warm-ups (Do the warm-ups connect with the theme? Are they appropriate to the class level? Do they prepare the body for the asana practice being led?)

Asana Practice (What cues, assists, and modifications are offered? What safety considerations are mentioned? Attentiveness.)

Demonstration of the Key Asana (Attention to key points of posture; benefits and contraindications; modifications.)

Closing (Create a sense of completion.)