



# Session Plan Example - Meeting the requirements

## Week 5 MAIN PHASE (standing balance)

Diploma in Teaching Yoga  
Session Plan/ Progressive Programme



Learner's name: **Joe Bloggs**      Learner's Signature: **Joe Bloggs**  
 Assessor's Name: \_\_\_\_\_      Assessor's Signature: \_\_\_\_\_  
 IQA Name (if sampled) \_\_\_\_\_      IQA Signature (if sampled) \_\_\_\_\_      Date: **12.12.15**

Planning a Progressive Programme for a 10 week scheme of work (based on 2 sessions per week, lasting 60 minutes)			
WEEK 5 Draw the diagram Name the Asanas Counter pose Breaths	Phase - MAIN Teaching Points Purpose	Progression Adaptation Visualisation	Precautions Equipment Demo/Guide
<p><b>Vrksasana – The Tree</b></p> <p><b>Prep</b></p>  <p><b>5 breaths @ 4:0:4:0</b></p> <p><b>Full pose</b></p>  <p><b>5 breaths @ 4:0:4:0</b></p> <p><b>Counter pose = other side</b></p>	<p>Purpose – to build balance, strength, opens hip, slows down blood supply in femoral artery, teaches focus and eka grata.</p> <ul style="list-style-type: none"> <li>Bring balance onto R leg</li> <li>Bend L knee and lift the heel keeping the ball and toes on the floor</li> <li>Rotate the L hip outwards to point knee to side of room</li> <li>L heel rests below ankle bone of balancing R leg</li> <li>Hands are in prayer position at the heart center</li> <li>Shoulders are relaxed, chin parallel with the floor</li> <li>Stand tall, lift ribs away from hips and lengthen the spine</li> <li>Focus on the breath</li> </ul> <ul style="list-style-type: none"> <li>Repeat as above and then....</li> <li>Bring foot on the L leg to the R calf level of R leg and rest the foot on the calf</li> <li>Lift the hands above the head and out to about shoulder width and apart</li> <li>Palms face up with shoulders away from ears</li> <li>Belly button is drawn back gently to engage the core</li> <li>Relax and focus on one point</li> <li>Breath deeply</li> </ul>	<p>A = Less rotation of hip</p> <p>A = Arms by sides</p> <p>A = Keep foot on floor</p> <p>P.1 = Hands in prayer above the head</p> <p>P.2 = Lift bent leg up into thigh area</p> <p>P.3 = Hold longer</p> <p>V = Visualise yourself as a tree with roots growing and the breeze around your fingers</p>	<p>Demon and guide</p> <p>E = use a wall</p> <p>P = Hip issues</p> <p>P = Shoulder issues</p> <p>P = Balance issues</p>

Level 3 Diploma in Teaching Yoga  
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The above example is colour coded purely to highlight learning outcomes and does not indicate a session plan must be colour coded.

## Box 1 – sign and date

Diploma in Teaching Yoga  
Session Plan/ Progressive Programme



Learner's name: **Joe Bloggs**      Learner's Signature: *Joe Bloggs*  
 Assessors Name: \_\_\_\_\_      Assessors Signature: \_\_\_\_\_  
 IQA Name \_\_\_\_\_      IQA Signature \_\_\_\_\_      Date: **12.12.15**  
 (if sampled)      (if sampled)

What needs to be done to meet requirements	Assessment day action
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Note the yellow highlighted <b>*Learners name, Learners signature and Date</b> must be added at the time/date of writing. N.B highlighting is done here to indicate areas and is not to be done on session plans.	Any session plans without name, sign and date will be handed back to be signed and dated.
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### Column one

#### (Week 1/5/10, diagram, name, counter pose and breaths)

WEEK 5  
 Draw the diagram  
 Name the Asanas  
 Counter pose  
 Breaths  
 Vrksasana – The Tree

Prep



5 breaths @ 4:0:4:0

Full pose



5 breaths @ 4:0:4:0

Counter pose = other side

What needs to be done to meet requirements	Assessment day action
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For main phase, students must <b>draw a prep and a full pose in all sessions</b> (weeks 1, 5 and 10).  Students must name the asana in Sanskrit and English and be able to say both on assessment day (see YP website for Sanskrit audio files).  Students must define the Counter pose.  The number of breaths aimed to achieve in both phases needs to be added here. Ratio may or may not be given.	Any session plans without prep and full diagram at main phase will be handed back to be completed. If students have not written teaching points for prep and full this constitutes a 'refer'. Any session without the name will be handed back to be filled in. Students who mispronounce Sanskrit will be given a 'comment' on their observed feedback form from the assessor. Sessions will be handed back to be completed.  Sessions will be handed back to be completed.
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## Column 2 (phase type, teaching point and purpose)

Phase - MAIN Teaching Points Purpose	What needs to be done to meet requirements	Assessment day action
<p>Purpose – to build balance, strength, opens hip, slows down blood supply in femoral artery, teaches focus and eka grata.</p> <ul style="list-style-type: none"> <li>• Bring balance onto R leg</li> <li>• Bend L knee and lift the heel keeping the ball and toes on the floor</li> <li>• Rotate the L hip outwards to point knee to side of room</li> <li>• L heel rests below ankle bone of balancing R leg</li> <li>• Hands are in prayer position at the heart center</li> <li>• Shoulders are relaxed, chin parallel with the floor</li> <li>• Stand tall, lift ribs away from hips and lengthen the spine</li> <li>• Focus on the breath</li> </ul> <ul style="list-style-type: none"> <li>• Repeat as above and then...</li> <li>• Bring foot on the L leg to the R calf level of R leg and rest the foot on the calf</li> <li>• Lift the hands above the head and out to about shoulder width and apart</li> <li>• Palms face up with shoulders away from ears</li> <li>• Belly button is drawn back gently to engage the core</li> <li>• Relax and focus on one point</li> <li>• Breath deeply</li> </ul>	<p>The phase (as in Opening, Main or Ending) needs to be added</p> <p>Teaching and instructions must be bullet pointed and be no less than 5 minimum (opening phase) more are needed in main phase.</p> <p>Students must add a purpose for each posture taught throughout the entire class.</p>	<p>Assessor may fill in or hand back.</p> <p>Sessions will be handed back to be completed.</p> <p>Sessions will be handed back to be completed.</p>

N.B. Prep pose teaching points lead into full pose with different guidance and teaching.

## Column 3 (progression, adaptation and visualization)

Progression Adaptation Visualisation
<p>A = Less rotation of hip</p> <p>A = Arms by sides</p> <p>A = Keep foot on floor</p> <p>P.1 = Hands in prayer above the head</p> <p>P.2 = Lift bent leg up into thigh area</p> <p>P.3 = Hold longer</p> <p>V = Visualise yourself as a tree with roots growing and the breeze around your fingers</p>

### What needs to be done to meet requirements

#### **PROGRESSIONS**

**3 Progressions are needed for each Main Phase asana.** In opening and ending phase progressions are added where applicable one per asana maximum.

#### **ADAPTATIONS**

Adaptations should be inline with the teaching point that is relevant.  
E.g. Rotate right hip outwards. Adaptation = less rotation of hip.

#### **VISUALISATION**

Visualisation needed 1 per main phase and scattered throughout the opening and ending where applicable.

### Assessment day action

Sessions will be handed back to be completed.

Assessor may ask for verification verbally if adaptations do not match the teaching point.

Sessions will be handed back to be completed.

### Example of Adaptation in line with Teaching Point and Precaution

<ul style="list-style-type: none"> <li>Repeat as above and then...</li> <li>Bring foot on the L leg to the R half level of R leg and rest the</li> </ul>	A = Keep foot on floor	P = Balance issues
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## Column 4 – (precautions, equipment and demo/guide)

Precautions Equipment Demo/Guide	What needs to be done to meet requirements	Assessment day action
<p>Demon and guide</p> <p>E = use a wall</p> <p>P = Hip issues</p> <p>P = Shoulder issues</p> <p>P = Balance issues</p>	<p><b>PRECAUTIONS</b> Here you will line up with the adaptation to say why you adapted the asana/yoga exercise. See below example. Please use words like issues to cover a broad range of reasons why the participant is taking care and avoid words such as injury or ‘bad back’.</p> <p><b>DEMO AND GUIDE</b> Here you will tell the assessor if you plan to demo, guide or do both. In week 1 there will be more demos followed by demo and guide. In week 5 the participants have seen the pose before therefore the teacher does the pose with the students then walks round adding guidance whilst they observe, correct and teach.</p> <p><b>EQUIPMENT</b> If any equipment/prop could be used highlight it here.</p>	<p>Sessions will be handed back to be completed if precautions are missed out.</p> <p>Sessions will be handed back to be completed if you have not stated if you will demo first then guide, Or you will demo as they do and guide verbally, Or will you guide only such as in Jathara Parivattanasana (belly twist).</p> <p>Sessions will be handed back to be completed.</p>

### Example of Precaution in line with Adaptation and Teaching Points

<ul style="list-style-type: none"> <li>Repeat as above and then...</li> <li>Bring foot on the L leg to the R half level of R leg and rest the</li> </ul>	<p>A = Keep foot on floor</p>	<p>P = Balance issues</p>
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Please note session plans can be written by hand or by computer. Please ensure heading sign and date sections are at the beginning of the

- Opening phase,
- on each Main phase and
- one each for ending and closing