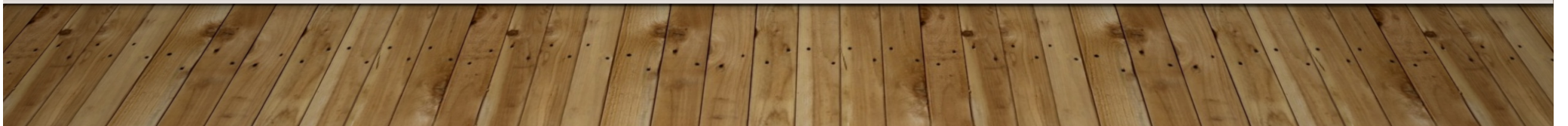


PLANNING CLASSES: CONSIDERING THE CLASS PLAN AS AN ARTISTIC PROCESS



BEGIN BY CHOOSING A THEME:

- A skill
- A question
- A perceptual challenge
- A philosophical exploration
- An intention to create a physical, energetic, emotional, mental or spiritual shift

FOR EXAMPLE:

- SKILL: The application of a human developmental movement pattern to the practice of asana
- QUESTION: How to orient movement around a stable and strong core body
- PERCEPTUAL CHALLENGE: Finding the center of gravity and observing “miscalibration” tendencies (and what we might do about them)
- PHILOSOPHICAL EXPLORATION: What does it mean to be both kind and firm?
- INTENTION: Increase vitality through restorative rest

NARROW
IT

DOWN

Break down the skill into steps

Then build cumulatively

Over time: one session ... lifetime

Make space for exploration

Don't' use a sledgehammer: zoom in
and zoom out ...

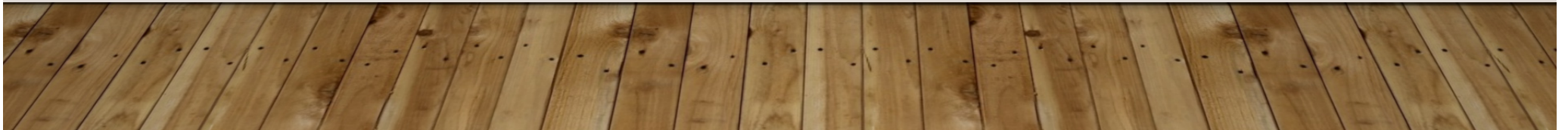
PHYSICAL FOCUS

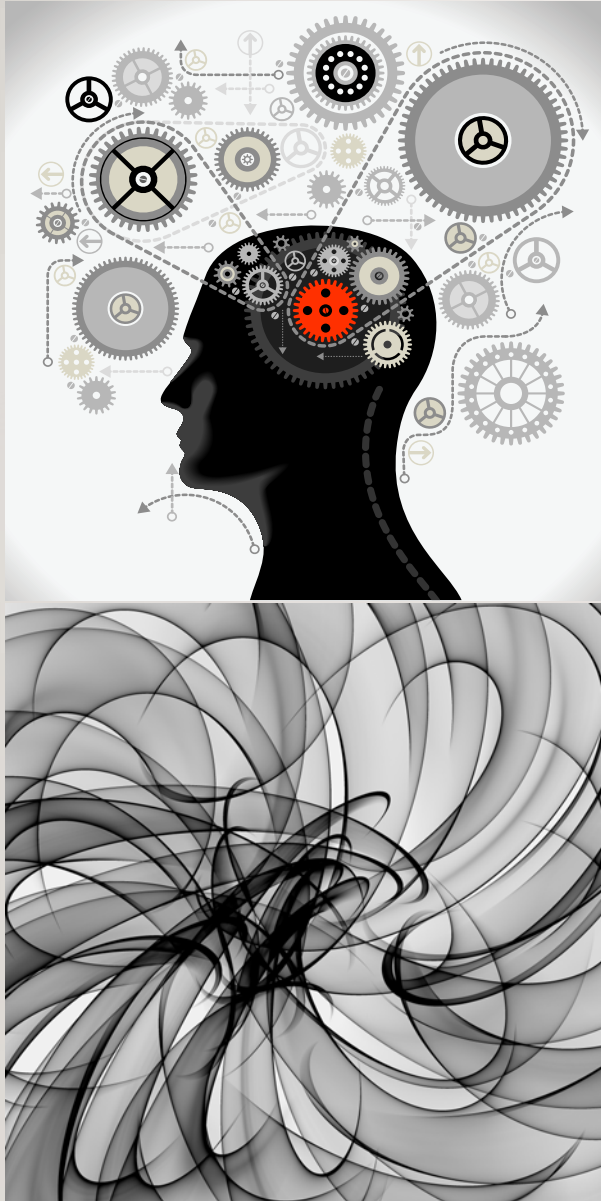
How might this skill be best explored?

- ❖ What practices lend themselves to the acquisition of this skill?
- ❖ Consider which kosha or koshas (sheaths of embodiment) to emphasize
- ❖ Consider the rationale for each practice

THE IDEATION PROCESS IS NOT LINEAR

- Brainstorm without concern for structure first
- Consider adding visual elements (anatomical models, PowerPoints)
- Consider adding poetry, extracts, or contributions from seminal thinkers
- Could music or sound be employed to support the sensory experience?



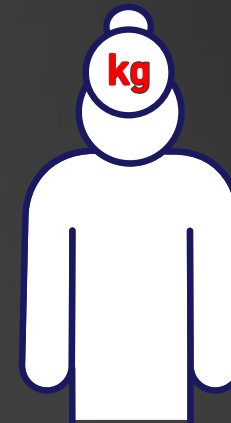


“THINK” WITH THE WHOLE BODY

- Self-practice establishes the experiential base
- Theory/research may augment
- Test-drive for soundness
- Language then arises from the felt experience

BE WILLING TO
GET

UNCOMFORTABLE



Theme:

Physical Focus:

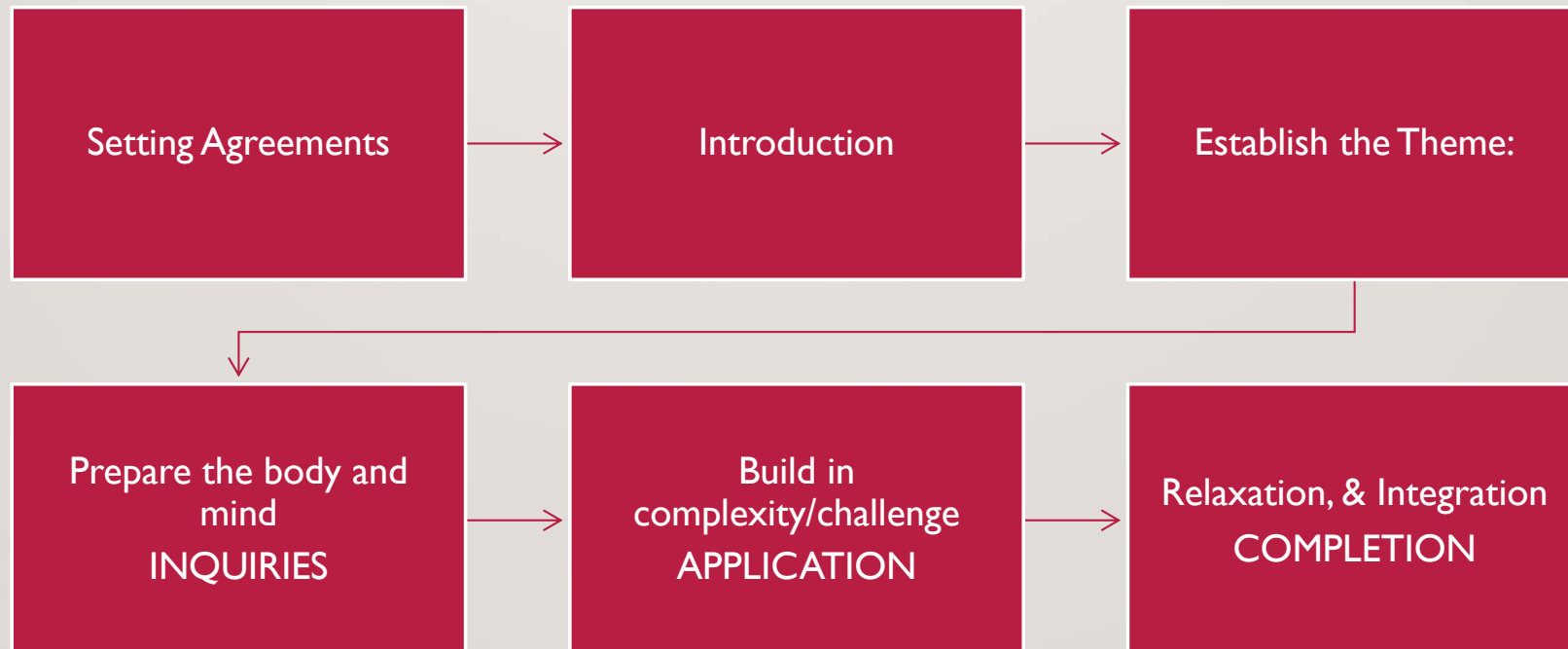
Poetry, Extracts, Handouts:

Music, Sound:

Special Equipment:

STRUCTURE

SEQUENCE



SOURCING MATERIAL



Self-Practice



Classes, workshops,
trainings



Yoga Library: recipes to
be adapted



Outside the Box: skills
from related and
unrelated fields of
expertise

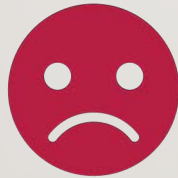


Have a plan but be
willing to change the
plan



Archive classes that
consistently deliver
results

FEEDBACK: STUDENT & PEER REVIEW



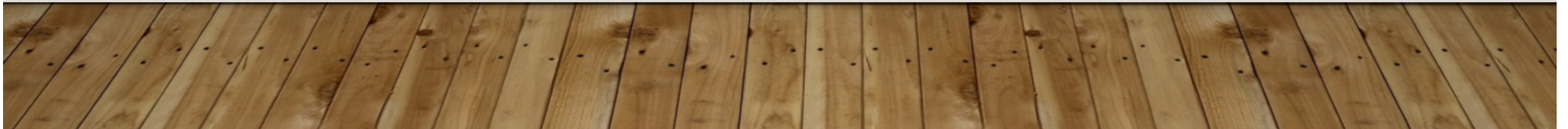
How can you
improve unless you
know what you are
doing wrong?



Solicit evaluation



Go back to the
drawing board

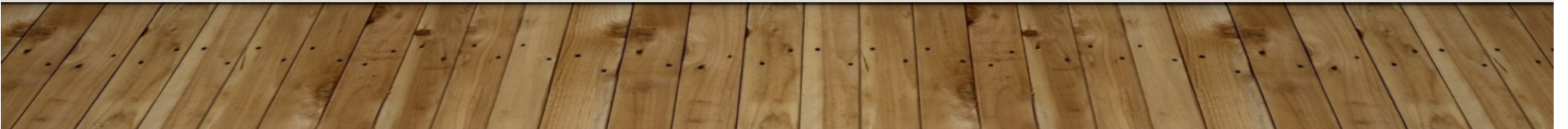


NEGATIVE FEEDBACK

- Is the most positive tool you have at your disposal to improve your teaching
- Don't make it personal
- Make lemonade from lemons
- It's part and parcel of the shared-inquiry pedagogic model

PEER REVIEW

- Balance of the Class
- Theme and Staying on Task
- Sequencing
- Skill Building
- Content
- Clarity of Instruction
- Voice Quality
- Pacing
- Pedagogic Model
- Observation & Deduction
- Any other comments



RESTORATIVE YOGA: BASIC PRINCIPLES & PRACTICE

- **Sunday 4th January, 1.45-3.45pm (2hrs)**
- **Class Theme:** Introducing the basic principles of Restorative Yoga. Part lecture – around 25 mins, mostly an experiential class.
- **Physical Focus:** A focus on Savasana as the seed posture for all restoratives. A cellular breath inquiry – following the breath into the cells. A felt sense of simple “being” and resting.
- **Music:** No music for this class.

READINGS

Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the infinite peace to you.

~ **A Celtic Blessing**

“An anxious mind cannot exist in a relaxed body.”

~ **Dr. Edmund Jacobson**

“Smile, breathe and go slowly.”

~ **Thich Nhat Hanh**

“Offer up every joy,
Be awake at all moments to the news
That is always arriving
Out of silence.”

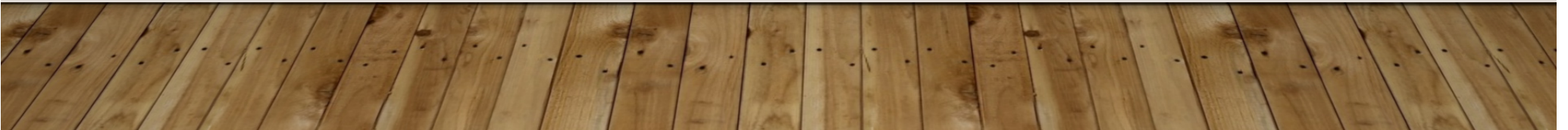
~ **Rainer Maria Rilke**

“I am larger and better than I thought. I did not think I held so much goodness.”

~ **Walt Whitman**

“How beautiful it is to do nothing and then rest afterwards.”

~ **Spanish Proverb**

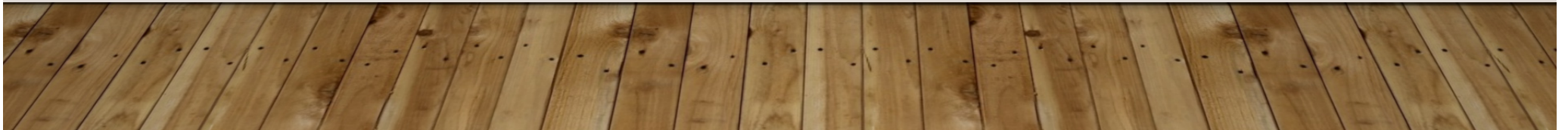


RESTORATIVE YOGA PRINCIPLES

- **Restorative Yoga Principles**
- **Why Restorative Yoga?**
- Restorative Yoga has its background in the work of BKS Iyengar who pioneered the use of props to help support the body in Yoga postures. Iyengar style teachers such as Judith Lasater too have promoted and written extensively on the approach.
- Primarily it has been Donna and Karla who have been the most significant teachers for me, exemplary in their integrity and development of the practice.
- Noting that Restorative Yoga is becoming increasingly popular as students mature towards a more sustainable and appropriate practice. Noting that my Big relax sessions are my most popular – our culture is needing this work!
- **Brief Lecture on Basic Restorative Yoga Principles**
- The Essence of Being
- The Relaxation Response / Parasympathetic Support
- To Yield, an active letting go
- Cellular Breath Support
- Using Props Intelligently and Mindfully
- Impeccable Standards of Comfort
- Wise Sequencing
- Sustainability. Time spent in the posture – 20 mins is different to 3 mins
- Creating Smooth Transitions and Neutral Sensations
- Being True Nature

RESTORATIVE YOGA INTRODUCTORY CLASS

1	Savasana 40 mins	<p>Workshop Savasana. Seeing how people may set their Savasana up.</p> <p>Volunteering one student. Seeing how we make this persons Relaxation pose more comfortable, more sustainable with the use of positioning, and props.</p> <p>Afterwards, dividing the class into dyads to workshop Savasana together.</p>
2	Supported Downward Facing Savasana / Supported Child's Pose	<p>An alternative Savasana - DFS. The inward nature of the pose. A good alternative when Supported Child's Pose is not possible. Breath support.</p> <p>Variation set up</p>
3	Supported Reclined Bound Angle Pose	<p>Variation set up – simple to more complex, luxurious variations.</p>
4	Supported Legs Up The Wall Pose (using a chair) (If we have time)	<p>Depending on the space, using the wall or chairs? Offering versions with a bolster and without.</p>
5	Returning to a more Neutral Savasana or Constructive Rest	<p>Offer a relaxation through the sense and through body parts. Easing into resting and being.</p> <p>Quietness and stillness.</p>



RESOURCES

- *Teaching Yoga: Exploring the Teacher-Student Relationship*, by Donna Farhi, Rodmell Press, Berkeley, California, 2006
- *Yoga, Mind, Body & Spirit: A Return to Wholeness* by Donna Farhi, Henry Holt and Company, New York, 2000
- *The Breathing Book* by Donna Farhi, Henry Holt and Company, New York, 1996
- *Pathways to a Centered Body*, by Donna Farhi and Leila Stuart, Embodied Wisdom Publishing, Christchurch, New Zealand, 2017

