



Nature Care College

Yoga Teaching Methodology

DESCRIPTION	This module introduces students to the different learning styles they may encounter in practice. It provides skills in planning and delivering yoga classes to an individual or a group and assessing the efficacy of the classes. It focuses on identifying and meeting the needs of the client and how to facilitate a yoga class to ensure all participants have a successful outcome.
DURATION	24 hours
LEARNING OUTCOMES	<p>The student:-</p> <ol style="list-style-type: none"> 1. Uses knowledge & experience of learning styles & theories to inform & enhance their Yoga classes 2. Demonstrates skills in using listening & synergistic communication 3. Demonstrates understanding of the Yoga teacher-student relationships in teaching the whole system of Yoga 4. Appreciates the dynamics of empowering the whole Yoga student through an integrative approach 5. Values an innovative, creative & original approach to teaching in a variety of Yoga teaching spaces 6. Analyses, synthesises & organises knowledge , information and opinion in coherent, informed & written responses
TEACHING METHOD	<p>Knowledge and content lectures Small group discussions and exercises Experiential learning techniques Practical activities applied to content Group and individual observations</p>
ASSESSMENT	<p>Yoga Teacher Portfolio: 50% Yoga Teacher Journal: 50% (Both assessment tasks due Week 5)</p> <p>Pass/Fail only. No grades are available. All components must be completed and passed at 60% in order to pass this subject satisfactorily.</p>
ATTENDANCE	80% minimum
PRE-REQUISITES	Functional Assessment
CO-REQUISITES	Pranayama, (Breathing) Level 1
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.

TEXTBOOKS

Compulsory:
Class Notes

Recommended Reading / References:

Desikachar TKV. 1997. The Heart of Yoga, Developing a Personal Practice. Inner Traditions, Rochester, Vermont.
Satyananda, S. 1996. Asana, Pranayama, Mudra, Bandha. Bilhar Yoga Bharati, Bilar.

WEEK-BY-WEEK OUTLINE**FOR 6 WEEK COURSE**

WEEK 1	Theory: Module outline, Pedagogical Theory & Implications for Student Learning Styles in Yoga Practice Practical Yoga: Application of Theory into the Yoga
WEEK 2	Theory: Empathic Listening & Employing Teaching Strategies in Synergistic Communication Practical Yoga: Application of Theory into the Yoga class
WEEK 3	Theory: Teaching the Whole System of Yoga and Problem Solving within the Yoga Practice & Teacher-Student Relationships – eg Transference/Projection Practical Yoga: Application of Theory into the Yoga class
WEEK 4	Theory: Empowering the Whole Student of Yoga through an Integrative Approach Practical Yoga: Application of Theory into the Yoga class
WEEK 5	Theory: Creative Teaching Strategies, Resources and Methodologies in a variety of Yoga spaces – eg Classes, Workshops and Retreats Practical Yoga: Application of Theory into the Yoga class
WEEK 6	Theory: Communicating Effectively, Facilitating Groups, Vocal Projections & Presentation Techniques Practical Yoga: Application of Theory into the Yoga class

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FOR 12 WEEK COURSE

WEEK 1	Theory: Module outline, Pedagogical Theory & Implications in the Yoga Class
WEEK 2	Student Learning Styles in Yoga Practice Practical Yoga: Application of Theory into the Yoga class.
WEEK 3	Theory: Empathic Listening in Yoga Practice.
WEEK 4	Employing Teaching Strategies in Synergistic Communication Practical Yoga: Application of Theory into the Yoga class
WEEK 5	Theory: Teaching the Whole System of Yoga.
WEEK 6	Problem Solving within the Yoga Practice & Teacher-Student Relationships – eg Transference/Projection Practical Yoga: Application of Theory into the Yoga class
WEEK 7	Theory: Empowering the Whole Student of Yoga.
WEEK 8	Integrative Approach in Yoga Practice Practical Yoga: Application of Theory into the Yoga class
WEEK 9	Theory: Creative Teaching Strategies & Resources.
WEEK 10	Teaching Methodologies in a variety of Yoga spaces – eg Classes, Workshops and Retreats Practical Yoga: Application of Theory into the Yoga class
WEEK 11	Theory: Communicating Effectively, Facilitating Groups,
WEEK 12	Vocal Projections & Presentation Techniques Practical Yoga: Application of Theory into the Yoga class

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.