

Teaching Homework 4

Practice Diary 2: least favourite pose



Practice your least favourite pose every day for three weeks - and keep a diary specifically noting down your progress, reactions, what helps, what hinders, and how your attitude changes.

You may choose to practice the preparations and sequences that build towards the pose, rather than the pose itself; if relevant, use props so that you do not injure yourself.

Practice with particular sensitivity, care and attention. Use these three weeks to befriend the posture – don't assume you will master it in this short period of time. Explore different adaptations and variations - these will be useful in teaching.

You can submit the actual diary or a synopsis of it, please ensure whatever format you use is clear and legible.