

Saturday 13 July

WANE

10<sup>00</sup> - 12<sup>30</sup>

Asana class + mini workshops

12<sup>30</sup> - 1<sup>30</sup>

lunch

1<sup>30</sup> - 3<sup>15</sup>

Discussion + group work

3<sup>15</sup> - 3<sup>45</sup>

Break

3<sup>45</sup> - 5

Class Planning

- inspiration, progression +  
learning outcomes

5 - 5<sup>30</sup>

Breathing  
+  
Relaxation.

# Inspiration

- 7 Other Teachers / Classes
- 7 LYTT Asana Classes
- 7 Peer group
- 7 Reading - philosophy texts  
- Yoga texts
- 7 Your students / Teaching
- 7 Homeworks
- 7 Deconstruction of preconceived ideas
- 7 Websites
- 7 Anatomy
- 7 Visiting ~~all~~ tutors
- 7 Own Practice
- 7 Keeping Practice Dairies
- 7 Injuries

# Progression

- > Learning from injury
- > Approach to personal practice
- > Easier movement in challenging poses
- > What do we mean by a "goal"?
  - = to be more comfortable
  - to move towards restoring / development movement
  - self acceptance + understanding
  - psychological benefit / ease
  - physical benefits / ease
- > Seeking support for change
- > hearing acceptance of change
- > Self-realisation and helping students towards this