

“While the best yoga teacher one will ever have is alive and well inside, the outer teacher’s role can help students discover their inner teacher.”

-Mark Stephens, Yoga Adjustments

Instructions: Please write the answers in your journal with your name and today's date, then e-mail or text your instructor for grading/review.

1. What questions do you have about training that you haven't already asked?
2. What do you want to make sure we cover/go over in the next 4 weeks?
3. Should you cue from the ground up or from the sky down? Why?
4. When you teach Yin, should you be loud and upbeat, or calm and relaxing?
5. When you create playlists, where can you find example of already-made playlists to help you?
6. If you're feeling low and down, according to Ayurveda, what could you do to feel more balanced (think opposite of Netflix and eating all the sweets in the house)?
7. If you're feeling stressed and anxious, according to Ayurveda, what could you do to feel more balanced (think calming, cooling, loving, chill).
What is an effective way to cue people?
 1. Verb-your body part-direction
 2. Verb-the body part-orientation
 3. Verb ending in "ing"-body part-place
8. Strengthen or stretch? Fill in the blanks.
 1. To _____ a muscle, two ends of the muscle get closer together OR farther apart, under a load-body weight or another factor in addition to gravity. This can be done static (chair pose) or during movement (Up dog-Down Dog or lifting weights).
 2. To _____ a muscle, two ends of the muscle get farther apart without being damaged or injured. Your muscles exhibit plasticity and elasticity. They will come back to their natural resting state after lengthening (elasticity), and we can retrain them to adopt longer lengths (plasticity).
9. Name 2 poses that strengthen your core.
10. Name 2 poses that strengthen your back.
11. Name 2 poses that stretch your hamstrings.
12. If someone says their lower back is hurting, should they rise up with a flat back and their core engaged or rise up with a rounded back (when coming from Forward Fold)?
13. According to the system of Chakras, what could you smell, do, listen to or practice if you are feeling unloved, a lack of empathy and disconnected from loved ones?
14. Name one thing you've learned from Journey Into Power. Did you like reading it so far?
15. Name one thing you've learned from the Yoga Sutras of Patanjali. Did you like reading it so far?
16. We teach poses in a safe, aligned way, so that you can be independent, free of injury, and so you don't fall, for as long as possible, and so you can continue to practice for as long as you live. There are several poses you've learned that are functional, in that they prepare you for everyday activities (like twisting your neck to look behind you is an action you need to be able to perform in order to maintain your driver's license, and sitting in Chair Pose and standing back up is an action you need to be able to perform so you can go to the bathroom without assistance.)

What pose can help you improve your balance, so you catch yourself more easily, the next time you trip?

17. Flexibility is also known as Range of Motion (ROM): Fascia and muscles surrounding joints can prevent/inhibit normal Range of Motion if they are not lengthened on a regular basis. Joint injuries and postural problems are more likely to occur when joints have impaired Range of Motion, so regularly stretching muscles is a preventative measure for optimal health. What 3 things promote flexibility of your connective tissues?
18. When you're teaching a "peak" pose, what page of your manual can you use to break-down the pose, figuring out what muscles need to be strengthened first, what muscles need to be stretched, setting your students up for success?
19. When students struggle with difficult poses, and aren't responding to your verbal cues, what can you do instead of continuing to talk them through it?
20. What is the action of your core muscles, like Rectus Abdominis? Do they flex/round your spine, or straighten/extend your spine?
21. If you've been sitting at a desk or in your car, rounded forward all day, what poses can balance out your body, so you feel better?
22. If someone has an ankle sprain, what could you tell them to do in Eagle, instead of the normal version of the pose?
23. What makes a great teacher, in your opinion? Pick 3 or 4 things.