



COMPREHENSIVE

YOGA FELLOWSHIP

Founded in 1987 by:- Ted Lovett, Joan Lovett, Gordon Smith & Pam Smith

(CYF incorporates Crewe & District Yoga Fellowship)

Deb Jackson, Chair & Education Co-ordinator (Training Days),

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Dear Trainee,

Congratulations on completing your practical & written training programme, just 1 step to go. You need to organise your final teaching observation. This letter includes guidelines that you must include in your final assessment and a list of tutors. You must contact 2 tutors to observe and mark your final assessment. If you teach a regular class then you can organise your assessment to be at this class. If you are not already teaching you should organise to teach a session either in a class that you attend if your teacher will allow it or you can organise a class with a group of friends. If you organise a class with friends or colleagues you must have a minimum of 3-4 students in the class. The class must be 90 min long. You are welcome to arrange with me to teach at one of my classes in Stoke-on-Trent and I would happily be one of the assessors. To pay for your assessment please send a cheque or Bacs Gill Drummond the fee of £50.

Final Assessment Guidelines:

- ॐ Your room should be set out so that you can see your students and they can see you. Your assessors will be looking to see that the room is set up well and the atmosphere is conducive to a yoga class
- ॐ Your assessors will be looking to see that you are suitably dressed
- ॐ Your assessors will expect you to check with your student's for any health needs. If you have an existing class that you know the needs of please still check that everyone is ok.
- ॐ They will need to see that you speak with a clear voice that can be heard by all of the class
- ॐ Include in your class a good warm up session to limber the body
- ॐ Include poses to give a balanced practice eg forward bend, back bend, twist, side bend, balance and inversion (this should be appropriate to the level of ability)
- ॐ Give clear instruction on how to perform the asanas with alignment cues, contraindications and some indication of the benefits of the asana.
- ॐ Show good observation of your students and their needs
- ॐ Include pranayama

CHAIRPERSON: Deb Jackson, 247 Campbell Rd, Stoke-on-Trent, Staffs, ST4 4EN, 07515 103411

TREASURER: Gill Drummond, 113 Wroxham Road, Great Sankey, Warrington, WA5 3NT. 01925 728066

SECRETARY: Bev Stachinni, 10 Davenport Close, Sandbach, CW11 1YP, 01270 766338



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- 🌀 Include an element of philosophy. It is not enough to just mention an element of philosophy eg just saying we balance the chakras in yoga would not be classed as enough philosophical content you would be expected to expand on this. However we are not expecting you to give a lecture either and you can choose to introduce the subject and talk about it or introduce it and integrate it throughout the practice or during a meditation.
- 🌀 Include Savasana
- 🌀 Do a balance of demonstration and observation of your students. Don't stay rooted to your mat.
- 🌀 Show that you are encouraging the principles of ahimsa/non harming, satya/truthfulness and encouraging svadyha/self study.
- 🌀 Use some Sanskrit. You don't have to use lots just show that you have some knowledge of Sanskrit terminology

Your assessors will give you feedback at the end of the practice. Your grade may be given on the day or given to you within 48hrs, giving your assessors time to think. A report will be sent to Julie Gater and your certificate can either be sent to you by post or you can have it presented to you at a Seminar.

Good Luck. Teach from a heart centred place and try to enjoy it.

Namaste

Deb