

Yoga for a New Day

Course Objectives

Course Excerpt

(1) At the completion of this course, the participant will be familiar with cueing (verbal descriptions and directions) and basic techniques for teaching yoga asana. Specifically, the participant will be able to *identify and give examples of the following basic cueing techniques . . .*

- ✓ anatomical reference cueing
- ✓ body parts cueing
- ✓ imagery cueing
- ✓ directional cueing
- ✓ corrective cues
- ✓ value judgment cues
- ✓ neutral cues

(2) The participant will be able to *identify the three primary objectives that any leader or instructor should consider before introducing yoga concepts or mind-body fitness methods to students.*

(3) The participant will be able to *identify and understand the two most important elements of a good leader.*

(4) The participant will be able to *choose and teach appropriate, basic inspirational techniques such as affirmation and brief philosophical reading.*

(5) The participant will be able to *identify at least four standard, appropriate cues for teaching twenty-three Yoga asanas.*

- ✓ 5 standing balance poses {Single leg balance, Standing dancer, Lateral fold, Tree, Nataraja/King Dancer}
- ✓ 5 seated / floor poses {Bridge, Fish, Boat, Forward fold, Straddle-lateral fold}
- ✓ 8 prone / other poses {Boat, Cobra, Bow, Child, Down dog, Cow-face, Spinal twist, Crow}
- ✓ 5 standing poses {Triangle, Half moon, Warrior I, Warrior II, Pyramid}

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How to teach Yoga asana for Health and Fitness

Ask any experienced yoga teacher the question "What is the goal of practicing yoga?" and you'll probably get one of two stereotypical answers. One answer is "enlightenment," which might also be stated as "self-transformation." The other answer is "there is no specific goal." While both of these answers are technically correct and totally accurate, the perceived ambiguity of such an intangible response has the potential to ostracize the average fitness participant, leaving one doubtful or fearful about what yoga is and why one should practice it.

Fitness consumers today are interested in concrete answers, specific goals, and quick results. They have a tendency toward impatience and drivenness. Ordinarily, principles of yoga and yogic techniques would clash with such a hurried, harried and accomplishment-oriented way of thinking and behaving.

Yet a competent and caring fitness professional that has an understanding of the fundamental principles of yoga can creatively introduce these teachings into almost any type of standard fitness class, and by so doing can successfully enhance the participants' experience and results. In fact, the benefits of practicing yoga tend to carry over into the participants' daily lives, commonly

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affecting both lifestyle and self-image in a positive manner. People report that their "quality of life" has improved.

The goal of this text and video is to provide an instructional introduction of yoga asana and Mind-Body techniques for fitness participants, health and fitness professionals, and educators. It is my hope that physical fitness instructors and trainers will understand the potential health and fitness benefits that these techniques provide, and that they will be able to identify and incorporate appropriate yoga techniques into their classes and sessions in a non-threatening manner, without necessarily adhering to any sort of religious, spiritual, or associated philosophical doctrines that may or may not be truly affiliated with yoga.

Whether you are a group fitness instructor, a personal trainer, or a fitness educator, there are three main objectives that you should always consider when choosing and programming yoga or Mind-Body techniques for use in a general fitness setting. These three objectives are (1) Fitness Format, (2) Education and Safety, and (3) Inspiration and Challenge.

Fitness Format

The first and foremost rule to remember is "**This is a fitness class.**" Therefore, consider carefully the appropriateness of what you are teaching for use in a fitness format. Any yoga or Mind-Body techniques you teach must be appropriate for you and for your students. Never randomly include in your

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classes any Mind-Body technique, yoga position or other yoga concept that you are not thoroughly and comfortably familiar with. Prior to selecting which techniques you plan to teach and how you plan to present them, take time to specifically and accurately identify your target audience, to clarify your personal belief structure, and to determine which techniques you are comfortable or not comfortable teaching. You should also take into account the type of facility and the philosophy of the facility where you teach. A combination of all of these elements should enter into the decision of which methods, poses, and concepts you will choose to teach, as well as how you will present them,

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