

# Service Yoga Learning Project

## Guidance

### Prepare

Using Stephens (2010) Teaching Yoga book and your Structure of a Yoga Session Guide texts, you will develop a 4-session, 60 to 75 minute yoga class course (i.e., 4 x 60/75 classes).

You will instruct the class to a group of 3 or more individuals (note: volunteer opportunities available- see instructors). You can teach to a group of friends or volunteer to teach a class for a school or group with whom you work. Do not read the class to your students. Practice the class and deliver it from your memory. If you are using handouts for specific activities (not the poses), that is okay. However, use your practice and rehearse to deliver the class to your students.

### Lesson Plan

You will submit your lesson plan for each of the four sessions. Make sure you have detailed each section so that someone could pick up the lesson plan and teach it as if you were not there. You might even have someone read it over and tell you what is not clear.

This includes a detailed section for each of these areas:

- teaching intention,
- session overview,
- materials needed,
- leader guidance,
- body (asana class),
- mind (thinking portion of the class- theme/activity),
- body and mind (relaxation component of the class).

Score 0-100: \_\_\_\_\_

### Reflection

Along with your lesson plans (not included in the page count), you will also submit a 4 to 6-page reflection that describes the following:

- Your population and why you selected this location and people. Include age, gender, and other demographics.
- A blog-like post (this is the what-this-meant-to-me section) on what this experience meant to you (get photos and photo releases and we will put this on our Facebook page and link to our web page with your permission)
- What went well?
- What were your challenges?
- What you could do to address your challenges (in this section use your YISTT texts to provide citations for solutions).
- Conclusions

Score 0-100: \_\_\_\_\_

Total Score 0-100: \_\_\_\_\_