



**JOY OF YOGA**  
SCHOOL OF INTEGRATIVE LEARNING

## 300 Hour Graduation Requirement:

### 90-Minute Video

#### Format

- A minimum of five students should be present in your class.
- Your video should capture an entire class from start to finish.
- Video and audio must be clear. A stationary camera is preferred.
- Please demonstrate three to five postures for your students. Include mirroring and pointing out detail to the students.
- Your class should be based on your chosen emphasis or area of specialization. The theme you select is particularly poignant for your chosen emphasis and the population you are serving.
- The video should capture images of you “holding space” for the class.

#### Submission Details

- Record on Zoom or make a YouTube class, Upload your class digitally, and share the link with Jennifer Prugh.
- Videos will be reviewed by Jennifer. Your video submission will be evaluated based on the key elements listed below.

#### JOY of Yoga Key Teaching Elements

##### Mission Plan

JOY of Yoga teachers inspire students, aid in deepening their practice, provide insight into the nature of the yogic teachings, and create a kind and open teaching environment. The methodology behind JOY of Yoga is based upon flow of breath, steadiness, ease, inquiry, and cultivation of awareness, according to the teacher’s own inspiration, capabilities, and strengths.

##### Voice and Language

Consider how you project and articulate your voice, and use fresh, descriptive language particularly when describing movement. Show your ability to relate to students. Be attentive to your pacing, sequencing, and knowledge of material based especially upon the core weekends.

##### Opening and Closing

Begin each class with a centering/grounding practice. The opening meditation should emphasize becoming present. Include an invocation or chant to formally begin the practice. Set a warm and welcoming tone. Begin with simple movements to warm the body and move towards more complex movements. These may include sun salutations and standing poses to begin

## Verbal Cues

Give cues that support structural awareness so that all postures are anatomically sound. At the same time provide language that gives students a deeper kinesthetic sense of the posture. Combine verbal cues for precision of alignment with metaphorical language that cultivates awareness.

## Demonstration

Teachers should demonstrate the postures when appropriate to visually inspire and educate students.

## Accessibility

Be sure that your class reflects the experience level and abilities of your students. The wisdom, asana, sequencing, and pace of instruction must be consistent with the students' capabilities. As a yoga teacher through JOY of Yoga, your classes are accessible to people of any spiritual faith.

to generate heat or Tapas. Classes should conclude with savasana and a meditation experience.

Recommended time for meditation is a minimum of five minutes. Recommended time for savasana within this format is five minutes.

## Theme

Share with your students a yoga sutra, a yama or niyama, early texts, or a story. Relate the principle to what you have learned through experience.

## Physical Presence

If it is possible, teachers should circulate around the practice area observing alignment and proper use of props. If you are teaching on Zoom, create a means through which you can "assist" your students verbally. Traditionally, at the beginning of the class, as with all JOY of Yoga classes, every teacher would ask students if they would prefer not to be touched in a way that supports their privacy. In an auditory environment, let the students know that they might be called upon with a verbal assist. Have them let you know via the chat box if they would prefer not to be called upon.