



Mentorship Video Instructions:

Instructions:

- Teach a 30–45-minute class to two or more students
- Choose your own heart theme, either unity or pulsation, your action(s), asana sequence that builds up to your apex pose, then a cool down
- Try not to use any notes. If you must use notes, only glance at them occasionally to keep your energy and your eyes on your students
- Take the seat of the teacher
- Choose warmups that flow with breath and movement coordinated
 - I will be looking for how well you balance alignment details and flow
 - Generally, it is recommended that you don't teach the 4E's in warmups unless you hold a pose, like Adho Mukha Svanasana
 - You may imply the 4 E's or simply teach the main E's that keep the body safe, like Engage
 - Warmups should be safe, effective, flowing, fun, and innovative
- Foundation cues for hands and feet need to be clearly articulated
- Dakshinayana honored, going to the right side first
- The Four Essentials™ of Alignment in order, used appropriately, not too much, not too little
- Plain, Explicit language
- Directional and Linking language
- Smooth and natural pacing
- Breath Context Statements
 - Physical Context Statements
 - Psycho/Spiritual Context Statements
- Prepose cues for asanas that need a prepose
- Physical context statements during asana
 - Technical and Benefit Instructions primarily on your chosen actions
- 5-Steps to Centering clearly articulated
- Theming:
 - During Centering
 - Weave the theme into the inhalation and exhalation at least once
 - Weave the theme into at least one other aspect of the centering
 - During Asana

- Interweave the theme with the physical action of the pose using the word “with”
 - Use Heart Virtue Context Statements and Chit Ananda Context Statements in their appropriate places
 - Use a Unity or Pulsation theme of your choice. Be sure the heart virtue resonates with the theme and fits with the physical action you choose
 - 4-Steps to the introduction to the theme. Each step is clearly articulated, coherent, and meaningful.
- Self-Demo: Demonstrate one pose or action of the pose using yourself as the model
- Mirroring: mirror at least one or two poses while teaching
- Use of Active Voice and Passive Voice methodology
- Watch your students for at least one pose and give individual verbal adjustments according to what you see.
- 6-Steps to *Śavasāna*
- Closing statement and Om

Refer to the most updated Ashaya Path Teacher and Leadership Training Manual for a full explanation of the methods. This manual is available on the Continuing Education website page for the Ashaya Teachers Kula.

Please be sure that your video has a clear picture and clear audio.

If you record your video on Zoom, please submit both the speaker view video and the gallery view video.

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