

Led Practice Leaders Notes

Attendance

- Practices are conducted at 3 levels (Foundation, Developing and Established/Maturing) with asanas drawn from the syllabus asana lists for each level
- Enrolment at the led practice is free for those enrolled in 2 yogasana practitioner courses per term or if enrolled in 1 course the cost per term is \$130
- Maximum 20 attendees
- Prerequisite is enrolment in a practitioner program in the same term
- No casuals or card attendance at led practice
- Enrolments are not transferable between days of the week
- Pregnant women are not to attend the led practices
- If a student misses a Led Practice session there is no provision for make ups

Tasks

- Put sign out on street (arrow points toward the studio)
- Open up 15 minutes before
- Mark the roll
- Ensure windows are locked, heaters and lights off etc when finished.

Leaders' guidelines

- Leader to provide the visual of the asana, maintain the rhythm and timings in the holdings. The leader should provide stability to the group by steady, measured, observable presentation of the asanas. Do not overwork
- Call asana whilst facing the group; leader is in mirror when facing the group. If sitting with feet facing in to centre, do on the same side
- Do not instruct individuals on asana detail
- Call "change" when timing is over
- Call "set up for" when required. Then call "... go to ..."
- When calling, look at the sheet to memorise the next 3-4 asanas
- Timing. Use the times on the sheet as a guide only. If short of time do fewer forward bends to allow 10 minutes in Savasana
- Call variations for those menstruating

Sequence preparation and rotation

- 5 sequences are provided to Foundation and Developing Led Practice leaders. These are delivered in rotation over the term. Please practice a sequence at least twice prior to leading it
- Leaders of Established/Maturing Led Practice may develop their own sequences, however if new to leading it is recommended you lead one of the 5 Established Led practice sequences.
- If you are an experienced leader, you can use the Led Practice sequence template and send the proposed sequence to the office for review by Alan by the Wednesday of the week prior to the Led Practice session.

Preparation for leading

- Note the time allocations for each segment of the sequence. These times are noted in the shaded area on the right hand column (total ... mins). This indicates the time given to the next segment. This also allows a leader to know if they are ahead or behind at any point in time and correct incrementally.
- Practice the sequence to ensure you can run to the segment time and the overall time
- Practice calling the asana names and alternatives for those menstruating
- Use *Light on Yoga* as a reference for the names. You may wish to draw stick figures beside the names of asanas until you are confident. Copy available for reference in the office



- Practice giving clear visuals (no shuffling) in mirror when students are facing directly towards you
Enrolment in the Friday morning led practice will help you by seeing how others conduct the task

The buddy system

- The buddy system delivers feedback and backup to leaders. In the event of illness your buddy can fill in for you and you take their next sequence. A buddy can provide comment on visuals and voice
- You may wish to contact your buddy and arrange a time to meet together to practice a few times before the term commences. Please contact the office to make a booking for Studio 3.

Role modelling

- Regardless of whether you are allocated to lead the sequence, be buddy or attend the led practice, it is expected that you will attend the allocated session each week. If there is any exception to this please notify your buddy as soon as practicable and 'cc' the office an email, too.
- Punctuality, regularity, stability and consistency are important messages to convey to the student body with regard to a practice of yoga.
- The formality and consistency of the led practice assist students to be in their experience of yoga with minimal distraction.

Administrative reminders

- Confidentiality: Leader (or teacher) contact details should not be given out under any circumstances. Student details are not to be taken from the school.
- Remember there is a spare key
- Report any incidents – incident forms are in folders. These are to be completed as soon as possible following the incident to ensure Leader's clarity and sustain communication protocols.
- Folders: Foundation folder stays in Studio 2. Developing and Maturing folder stays in Studio 1.
- Sandwich Boards: The first person to arrive in the morning puts out the sandwich board. If you arrive and the sandwich board is not out, please put it out. Sandwich boards on street indicate to businesses that YM is still open. Only put inside if last class of day.
- Studio 1: Room Function: Open street door with front door code if not already open. Enter through office door and disarm alarm system. Draw blinds before leaving – keeps heat out. Turn alarm on and exit through main door. Light switches are in office and behind shoe stand.
- Studio 2: Room function: Back door is to remain locked at all times to secure student belongings. 15 minutes before class commences open front door and venetian blind, when leaving lock door and close venetian.
- Studio 2 heating and cooling: If too warm open window. Use wall fans if necessary. If heaters are on auto it will already be warm – turn off if too hot. If too cold push start and take temperature to desired heat – 26/8 degrees to warm up. If using manually – set both heaters to same temperature. Heater also available in change room (electric) - turn on at switch. Turn change room and main room heaters off before leaving
- Lights: Please turn off all lights (except for sensor light in Studio 2) before leaving.