

# ShivaShakti Synthesis

## Practice Teaching – Outline for Lesson Plan

Student Name:

**Specific Class Elements** (Focus on consistency, sequencing and use of language/terminology.)

**Opening Centering** (During which week? Setting theme/intention; checking-in; addressing safety issues.)

**Breath** (Which breathing technique is being used and/or taught; is it appropriate to the class?)

**Warm-ups** (Do the warm-ups connect with the theme? Are they appropriate to the class level? Do they prepare the body for the asana practice being led?)

**Asana Practice** (What cues, assists, and modifications are offered? What safety considerations are mentioned? Attentiveness.)

**Demonstration of the Key Asana** (Attention to key points of posture; benefits and contraindications; modifications.)

**Closing** (Create a sense of completion.)