



JOY OF YOGA
SCHOOL OF INTEGRATIVE LEARNING

300-Hour Graduation Requirement: Two-Hour Workshop

Submit 120-Minute Video

A workshop enables your students to dive into a subject within the vast field of yoga in a deeper way. During your JOY Mentorship course, you will choose your area of focus and submit your outline to me at Jennifer@jenniferprugh.com. We will review it before you run your workshop. Your workshop should be live with a live streamed/hybrid (Zoom) component. You will record your workshop with a separate camera. You should be mic'd, the video camera should be stationary (you can use your phone), and the view should be from the student's perspective, facing you so I can see you teach and assist.

Format

- A minimum of twelve students should be present in your workshop. You will invite people to come, and share what you are doing through your "marketing efforts." You can make it a donation-based workshop and include in your marketing materials the organization in which you will be donating.
- Your video should capture an entire workshop from start to finish.
- Video and audio must be clear. I should easily be able to see and hear you.
- During your workshop, please demonstrate three to five postures for your students. Include pointing out details of alignment or transitions to the students.
- Your workshop should be based on your chosen emphasis or area of specialization. This should be a workshop that you would be happy to run again and again. Each time you run it, it will get better and better.
- The video should include a "dharma talk" or opening presentation that in some way ties to yoga philosophy relevant to your topic area, centering and gathering attention, establishing an intention, evoking the breath through a series of practices, asana (pace and intensity are determined by you), focus, meditation, savasana and closing. The areas of specialty that make this truly your unique workshop can be incorporated at the beginning, middle, end, or throughout the workshop, depending on what works best for you.

Submission Details

- After we go over your outline, set a date, plan to market your workshop, and execute. Record your workshop, Upload your workshop digitally.
- Videos will be reviewed by Jennifer. Allow 18 days from your day of submittal to receive feedback. 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 the eight limbs of yoga, the 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, modulate, 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.

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 workshop 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 JOY yoga teacher, your workshops are accessible to people of any spiritual faith.

Opening and Closing

Begin each workshop with a centering/grounding practice. The opening centering and attention practice 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. Include breathwork or pranayama. These may include sun salutations and standing poses to begin to generate heat or Tapas. workshops 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, include assisting their postures, good use of props and use of most of the senses. If you are teaching on Zoom, create a means through which you can "assist" your students verbally. Traditionally, at the beginning of the workshop, as with all JOY of Yoga workshops, every teacher would ask students if they would prefer not to be touched in a way that supports their comfort. 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.