

KUNGA PROJECT TEACHING FORM

1.8.1

Must Complete 5 Total

Date _____

Teacher Trainee _____

Agency Name _____

Location _____

Type of Population _____

(ex: senior friends, at risk youth, family member with anxiety, etc...)

My Class Consisted of The Following:

1. Philosophy - What teaching/theme did you prepare/choose to discuss with them and why?

2. Pranayama-(which ones did you teach and why?)

3. Warm Ups/Kriyas-(which ones and why?)

4. Asanas-(which ones and why?) If you did not use your components of a practice teach list due to your students, how did you modify and why?

5. Quote from one of your students about today's class- "How do you feel and what did you learn about yoga today?"