

SAMPLE CLASS PLAN

DEVELOPED BY ERIKA FRYKLEPAK, RYT 500,
WITH THE AID OF DEBORAH ADELE'S BOOK, *THE YAMAS & NIYAMAS*

Yamas & Niyamas on the Mat - Ahimsa/Nonviolence

- Class begins in a circle, with teacher and students all able to see each other for optimal discussion.
- Welcome and introductions.
- Show 8 limbs of yoga diagram and explain where the yama and niyamas fit into a complete practice of yoga.
 - asana helps keep our bodies in balance, strengthened and flexible.
 - yamas & niyamas help keep our lives in balance, strengthened and flexible.
- What class will look like:
 - brief sharing of concept & discussion, rest of time on asana which helps us to reflect
- Suggestion to approach tenants not as a chance to beat up on yourself, but a chance to play
- Go over “safe space” guidelines

A great place to practice is on the yoga mat! We can use our asana practice to gain awareness of our inner and outer life. The physical practice of yoga is the perfect platform on which we can begin to grasp a sense of Self.

AHIMSA CONCEPT IN OUR LIVES: [Read from *The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele and choose key concepts that speak to you as a teacher. Here are some ideas...]

BALANCE: Imbalance in our systems is almost a certainty for violence, as the lack of ease (disease) we feel within finds its way to expression outwards. The simple practice of balance on our mats is a gift. We get out of practice with Balance in our lives, we don't even know what it feels like. We will look at balancing postures today.

SELF-LOVE: Have you noticed that when you are unhappy, you tend to be short or unkind with those closest to you? What we have inside manifests on the outside! As Deborah points out, we would never purchase a can of red paint from the store, and expect it to go on the walls blue!

BRIEF CLASS DISCUSSION: Name one thing you love about yourself (first thing that comes to mind). *Sometimes it is hard for students to think of anything to say, and it is often a vulnerable experience to say it outloud. Validate that practicing self-love can be very challenging.*

ASANA:

Begin supine with guided mindful breathing. Use breath as the guide to help stay balanced through the asana practice. Gentle supine postures, ie: bridge pose, bundle roll hug, hand-to-big-toe pose
Prone: cat/cow with breath, cat/cow balance. hold extension (balance) keep ease and breath

Self-Love experiment-- what would it be like to “fall in love with yourself” How would that change your practice?

Standing: forward fold, mountain pose, tree pose, chair pose (balance evenly on feet), eagle pose, warrior I, warrior III

Supine: bundle roll hug, releasing twist, savasana with guided relaxation and reminder of self-love principles.

WRAP UP: Return to seated and give students your handout, read the home exploration and invite students to share their experiences next week in class.

Namaste!