

Module 1 My Beautiful Business -

Assignments and Practice



Module 1 Learning objectives:

- How to practice Anulom Vilom “Nadi Shodhana Pranayama” with correct alignment, adjustments and developments
- How to safely and effectively start your beginners class
- Understanding anatomy of breath and the respiratory system
- Be able to correct alignment and give constructive feedback to your students with diverse needs for the first 30 mins of your class
- Be able to provide modifications and develop clear instructions for variations of Pranayama, and warming up the body in a safe way

Module 1 - Assignments and practice

Savasana, Warm up, Breathwork



Assignments task to complete in module 1:

1. Practice

- Develop your own practice of the Anulom Vilom and its breath retention developments. Explore the beginners of your practice from Savasana, to warming up the hips, back and move into breathwork.
- Practice teaching the Anulom Vilom and the Savasana warm up in a safe and effective manner (using mirroring)
- Practice Class Plan 1

2. Video

- Create your (3-5 minutes) Beginners How To Guide for the Anulom Vilom - upload to your youtube channel when done (remember it can be in a private setting until you have received feedback and are happy with your work)

3. Blog or “ How To” document

- Create your Blog or *How To* Document (Write up in a word document, or record yourself describing it if that is easier for you) A very simple overview of the Anulom Vilom with key teaching points for the beginner

Include: Benefits of Breathwork and the importance of correct alignment, mental and physical benefits of your chosen pose with any modifications. Include the link to your youtube video.

4. Reading

Suggested reading to support your practice and deepen your understanding of yoga philosophy and anatomy/physiology.

- ***Philosophy and yoga concepts:*** Prana, Koshas, 3 bodies, Ida, Pingala, Sushmna, Avidya, Maya, Self, Brahman, Yama, Nyama (8 limbs of yoga).
- ***Respiratory system and anatomy:*** Throat, Larynx, Lungs, alveoli alveolar sacs, gaseous exchange, Diaphragm, left and right hemispheres of the brain (masculine and feminine energy)
- **SUTRAS Chapter 1. What is yoga**

Suggested reading:

READ: ASHTANGA YOGA Scott Mills.

READ: HATHA YOGA

READ: THE PATH TO HOLISTIC HEALTH B.K.S Iyengar. Chapter 1

READ: PATANJALI's YOGA SUTRAS: Chapter 1

READ: SUN POWER YOGA SHALA