



## 200 HR ASSESSMENT REQUIREMENTS - 2024

Dear lovely Teacher Trainees

Your yoga teacher training journey has begun! Naturally, this can be an overwhelming time for you and can be hard to understand all of the assessment requirements. I have simplified the assessments below. Please take your time to have a read of the below and contact me should you have any questions.

### Practical Assessments

All practical assessments will take place within allocated lectures times. These are Teaching Skills Practice lectures and will take place in the studio and on Zoom. You will be allocated poses and practices to teach.

### Written Assessments

Over the training, you will have a number of written assessments to complete. The due date for these assessments is located on the lecture timetable. Please review the dates and place them in your diary now and try to stay on top of your assessment due dates so you do not cause undue stress for yourself at the end of your course.

You cannot graduate unless you fulfil this requirement.

Written assessments need to be emailed to me at [melanie@australianyogaacademy.com](mailto:melanie@australianyogaacademy.com) for marking.

Please contact me if you need an extension.

### Class Plans

During your training, you will be asked to write and submit class plans based on lectures that you attend. You are given a template as a guide and a number of example class plans to help you understand the different styles that you can choose as well as the quality and quantity of information required. You may choose any style that you like to write your class plans. It is important that you choose a style that will be most helpful for you when it comes to teaching.

The class planning lectures that you will attend are:

- Forward bending
- Back bending
- Inversions
- Lateral Flexion & Twisting
- Prenatal
- Yin

### Meditation & Pranayama Scripts

There are 3 assessments to complete here:



1. Following the completion of both Pranayama lectures, you will need to write 2 x pranayama scripts as follows:
  - Write a script for nadi sodhana, explaining how to perform the practice that goes for 5 minutes. Also include a short description of the benefits of the practice, appropriate for sharing in a general class setting.
  - Write a short script for Box Breathing (4:4:4:4 breathing, Sama Vritti) that goes for 5 minutes. Also include a short description of the benefits of the practice, appropriate for sharing in a general class setting.
2. At the end of the meditation, please write a 5-10 minute Yoga Nidra script that you can use in a general class setting.
3. At the end of the mindfulness lecture, please complete a 2 week-long mindfulness diary. Aim to complete a daily mindfulness practice that may be seated, standing or with movement and track your observances. How does this practice make you feel? What benefits do you notice? How do you plan on continuing your practice after the 2 weeks is over?

## **Additional tasks to be completed outside of lecture times**

### **Class Observations**

During your studies, you are required to complete a summary of 10 classes that you attend, noting your observations around a range of topics. This is designed to check your understanding and awareness of how an experienced teacher arranges their classes to cover certain themes and topics.

Please see the template in the Assessment folder and use this to complete this task.

### **Ethics of Yoga Teaching – Extra Lecture**

To complete the Ethics of Teaching Yoga component, you are invited to attend one of several lectures planned on this topic throughout the year. You must attend one lecture to pass the course. This will be a two-hour Zoom lecture.

I really hope that this helps with understanding your assessment requirements, but please let me know if you need any assistance or clarification.

Namaste, Mel

A handwritten signature in black ink, appearing to read "Melanie Mackintosh". The signature is fluid and cursive, with a large initial "M" and a stylized "i" at the end.

**Melanie Mackintosh, Co-owner, AYA**  
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