



BCRPA Yoga Fitness Example Eight Hour Resume and Lesson Plan

Form C-1

APPLICANT'S NAME _____

MAILING ADDRESS _____

E-MAIL _____

PHONE NUMBER (Home) _____ (Business) _____

EVALUATION DATE _____ Have you changed your address? Yes () No ()

EXAMPLE YOGA FITNESS EIGHT HOUR RESUME

Practicum classes must not be taught until after completion of the Specialty Module Course. You can complete your practicum at any site of your choice so long as you obtain the permission of the facility and the instructor(s) whose classes you will be working in. Please note that you need to obtain a total of at least 8 hours of practicum teaching.

Date	Agency	Supervisor	Length of Instruction	Type (e.g. Power Yoga)	Class size
Apr 29, 2005	Fitness ABC	Susie Fitness	15 minutes	Beginner yoga	12
May 1, 2005	Fitness ABC	Susie Fitness	30 minutes	Power Yoga	10
May 1, 2005	Fitness ABC	Susie Fitness	60 minutes	Beginner yoga	15
May 3, 2005	ABC Fitness	Mike Muscle	75 minutes	Power yoga	10
May 19, 2005	123 Fitness	Jane Exercise	45 minutes	Beginner yoga	12
May 23, 2005	Fitness ABC	Susie Fitness	60 minutes	Beginner yoga	20
May 28, 2005	Fitness ABC	Susie Fitness	75 minutes	Introduction to yoga	8
Jun 1, 2005	123 Fitness	Jane Exercise	60 minutes	Beginner yoga	15
Jun 3, 2005	Fitness ABC	Susie Fitness	60 minutes	Beginner yoga	14

EXAMPLE LESSON PLAN

This form is to help the evaluator while writing up the Instructional Competency Evaluation form. There is no grade attached to the lesson plan. **You are required to hand this completed lesson plan to the evaluator prior to the evaluation.** Please copy this form if additional space is required.

Class Component	Asana/Posture Selection	Muscle Groups and/or Joints Involved	Special Precautions or Instructions	Time
Warm up	Roll downs	All major muscles, esp. hamstrings, back	Keep knees bent	3:00
Centering	Tadasana	Postural muscles (ie. Rectus abdominus, erector spinae, gastrocnemius etc.)	Head between shoulders, shoulders relaxed, knees soft, neutral spine	5:00
Breath work	Abdominal or Complete Breath	Diaphragm, intercostals	Don't force breath, breathe into ribs and back	8:00
Warm up continued	Sun Salutations	All major muscles	Spine long, don't drop head back, align knees over feet	18:00
Standing Poses	Triangle, Warrior 1 & 2, Extended Side Angle, Wide Leg Forward Bend	Hip flexors, glutes, hamstrings, quadriceps, gastrocnemius, deltoids, rhomboids etc.	Don't lock knees, neutral spine, knees aligned over feet	33:00
Balancing	Tree Pose	All the muscles of the legs	Focus on breath, relax neck and shoulders	38:00
Seated Poses	Seated Twist, Easy Sitting, Cat	Hips, legs, spine	Neutral spine	43:00
Lying Poses	Locust, Cobra, Knees to chest, Knees to side	Back, legs, hips	Neutral spine, take pelvis into direction of rotation (for Knees to Side)	50:00
Relaxation	Savasana	All major muscles	Open toes, open palms, allow weight of body to fall away from center, observe breath	60:00