

HOW TO DESIGN A YOGA PRACTICE FOR A SPECIFIC ACTIVITY

(GARDENING, TENNIS, LONG CAR RIDES, HIKING, LONG OFFICE HOURS, ETC.)

When you design a practice for a specific activity, there are two main things to consider: the activity itself and the person doing it.

ACTIVITY	STUDENT
<ol style="list-style-type: none"> Analyze physical demands on the body: <ul style="list-style-type: none"> Which body parts get used the most and in what way Which parts of the body can potentially be compromised Is there cumulative stress from repetitive actions (sitting creates repetitive stress as well) Is there a way to make an activity less stressful for the body (Ex: taking breaks during car rides; paying attention to body positioning during gardening; using core musculature and proper form when playing tennis, etc.) Analyze energetic demands of the activity (is it a high intensity activity with lots of movement or more mellow/ sedentary activity) Analyze mental demands of the activity (does it require additional concentration and mental focus) 	<ol style="list-style-type: none"> Analyze student's physical conditioning: <ul style="list-style-type: none"> Based on student's history, is it appropriate for the student to be engaged in this activity Based on student's history, which body areas require extra care/consideration (Ex: sacrum, lower back, shoulders, etc.) Note if the activity requires more or less movement that the student is normally engaged in Analyze student's temperament and average energy level (Will she need to build energy up or to slow down to match the intensity of the activity?) Analyze student's ability to focus (Will additional preparation be required to perform the activity safely?)

DESIGN A PRACTICE (taking into account all the information gathered on the ACTIVITY and the STUDENT)

- Decide if this will be a practice to PREPARE or to COMPENSATE for the activity.
- Discuss WHERE the practice will take place (at home, at the rest stop, at the tennis court, etc.)
- Make your tool selection (poses, breathing practices, meditation, visualization, etc.)

SELECT	CHOOSE	ARRANGE	PLACE	CHECK
three core poses that will prepare the parts of the body that will be used and/or potentially stressed by the activity	the poses that are simple enough for the student to do safely on her own	the poses in the logical order (from easier to more difficult)	compensation poses in between (forward bends work well for that)	and make sure that those poses do not stress student's vulnerable areas

THEN

- Choose a breath pattern/technique to address the energetic demands of the activity
- Choose a visualization/meditation/chant to address the mental demands of the activity (if using)

TEACH	RECORD	GET FEEDBACK
the practice to the student and make modifications if necessary	the practice for student to take with her	on the practice after the activity