

Camp Utopia Yoga

24 Hours to Better Verbal Cueing

Expanding The Script



Class Openings

- In the beginning of a class, introduce yourself. “Hi, my name is ... and this class is going to be gentle/powerful, fast/slow, easy/hard, slow/flow....” This allows for a first timer in every class, and sets the expectation.
- Many teachers ask people to choose an intention, or to call out a body part to work on. This is fine, but not if you can’t follow up on it. Most students prefer you to set an intention for the class as a whole: “Today, we’re really going to be working on the balance of strong legs and open hearts.”
- Then, allow for someone to express an injured/tender spot. “If anyone is having trouble with knees or shoulders, let me know; otherwise, please modify your poses to fit your practice best.”

Class Transitions

- In a powerful class where you are still building energy, pause for only 2-3 breath cycles before moving on. In a more low key class, or winding down, allow 3 – 5 breaths between poses or sets.
- In the space between poses or sequences, return to your earlier intention or theme if you can; remind your class of the focus, be encouraging.

Class Closings

- Savasana is a time for each teacher to simply sit with her class and breathe, guide them to relax and follow their breath, or take them on a long guided meditation into a deep fantasy garden, and anywhere in between.
- It is best used as a time to remind them to listen to their bodies, love their bodies and themselves, be grateful and open in their lives. Don’t preach.
- Don’t force yourself. They need rest. Silence is just fine.
- If you read a poetry, keep it short, and read it twice for most impact.
- If you choose silence, don’t be completely silent. Every half minute, say, “just breathe” or “relax a little more” or something to let them know you are in the room and they haven’t done dozed off and been stranded.
- The ideal rest time is 7 – 10 minutes.

Expanding Your Script

This is about filling in the time within each pose with knowledge you love to share. Balance side to side timing. Build your script as you build confidence.



Banarasana High Lunge

How to: Really focus on the back leg, push back and up through the back of the knee and heel to take the pressure off the back leg. The weight shouldn't be too much into the front knee and quad. Look at the mountain line of the back - hands may not go flat for everyone. Allow a moment to adjust and lengthen the spine over the quad. Not everyone will be able to have the belly off the leg, or the hips in line.

Adjustments and variations, prep and follow-up poses, advancements

I love taking a twist here, rotating inward toward the bent leg and twisting the torso to stack the shoulders. It can be done from the knee down position also. Want to focus on taking the weight from the grounding hand to the legs instead of slamming into the shoulder. Adductors of the front leg need to really pull in here.

Mountain, plank, low crescent and down dog work before and after. Advancement is pulling up to the high crescent (W2)

Relevant Anatomy: Internal and external benefits / risks *You can use this in a digestion/fat burning class; the twist variation is good. Also stepping forward and back, good for the hip flexors. Watch for misalignment of the knees, and don't jerk back into the heel too aggressively.*

Other Benefits to Class: spiritual, chakras, sequence development... *Great transition pose, everyone can do it, it can feel graceful or strengthening. Fits anywhere in class, can be a warm up pose, a strengthening transition pose, a low key pose, whatever.*

SHORT SCRIPT:

- (From FF) Place your hands on the floor under your shoulders, step the right foot to the back of your mat.
- Lengthen your spine; squeeze your right leg and press out through the heel.

Alt: From down dog, bring the left foot forward between your hands.

MY EXTENDED SCRIPT (what I like to talk about in this pose)

*Step the right foot back and press out through the heel.
Squeeze the leg.*

Lengthen your spine; you may have to come up on the tips of the fingers or drop to a knee here. It's ok to make some adjustments to feel long in the spine, and not too much pressure on the front knee.

Really squeeze and press out through the back leg; try to stretch the whole back of the leg, but squeeze the cheek; think about pressing weight back into that leg to take the load off the front.

Find your mountain line; from the back of the heel to the back of the head, can you pull in your belly and find that line?

Now press into your left hand and twist toward the bent knee. If you can lift your arm straight up without pain, reach for the sky. You are trying to rotate one shoulder on top of the other, be ok with putting your arm down. Maybe on your low back, and try to twist a little deeper.

Pull your left shoulder toward your right knee and knee toward shoulder, and try to take some weight out of the left hand. Give it to the legs.

Now slowly bring the right arm down.

Your Assignment: Take 3 – 4 poses and expand your script.