

# Grace and Presence

## Yoga Teacher Training

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YOGA MENTORING & TEACHER TRAINING

### Teacher Manual

#### Course Assessment Criteria

**To receive certification the following criteria must be met.**

Teaching a class to an acceptable professional standard  
Completion of all assignments on time  
100 % attendance and active and full participation in all courses  
Evidence of ongoing engagement with yoga, self-practice and related topics

#### Assignments

- 1 Reflection on each weekend:** This is not an essay. It is a reflection. What you learned, key moments or insights, how it affects your practice. What has changed for you because of it, how it fits into other things you are learning etc. This will be assessed so please show what you have learned in detail.  
**Criteria:** Shows thought, engagement and questioning of the material. Showing how the material presented has impacted on your understanding of yoga and your personal practice. Drawing conclusions, inferences and parallels between concepts.
- 2 5 class critiques:** Those are about what you liked, what worked for you, things you would change, reactions to the teachers method, style, personality etc.
- 3 Class attendance:** You also need evidence of having done 20 classes from the beginning of the training to end.
- 4 A Journal of observations:** about your own practice/self practice as it develops. Please write down observations, changes and insights as they come up. Also, you can write questions that you have as they arise.
- 5 5 class plans:** Please indicated who the class is intended for and do plans for a few different types of classes, including but not limited to: brand new beginners, level 1, level 2, seniors or people with limited mobility, office workers, etc. You class plans must include a learning objective and theme. Please include anything supportive to the plan - a songlist, a reading for the beginning or end of class, a meditation or pranayama, etc.  
**Criteria:** Shows development of asana, theme, understanding of balancing strength and relaxation, poses and counter-poses.
- 6 2 personal injury classes:** One for you, and one for someone else. Please write down the specific injury or issue you are working on, the exercises and poses you would do, sequence, and duration. Also, include how you can (or have already) build up the practice once the issue gets better. For the other person has to be a real person. Get as much information on their question/injury as you can and include that in the plan.

- 7 **Anatomy Research:** Choose one body part, joint or area of the body. The structures in that area, bones, joints, ligaments, tendons and muscles. Use diagrams or pictures to show how that body part moves. Write down some injuries related to that area, and what might be good poses or exercises to work with them.
- 8 **Bios (3):** a long bio (1/2 - 1 page), a short bio (1 paragraph), and a 2 sentence bio
- 9 **Flyer:** A flyer for a class (real or imaginary) including everything that needs to be on it - when, where, who, how much, etc.
- 10 **Presentation at the residential retreat:** something that interests you, something experiential, something you would like to share with the group.
- 11 **Reflections on Outside reading:** Choose 3 books from the reading list and write reflections and thoughts about what you have learned. One book must be from the anatomy list, one from yoga philosophy list and one can be of your choosing.