

# Ohra Yoga 200 YTT Practicum Guidelines

Hi lovelies,  
I'm so excited for your practicums (this is where it all comes together :)  
You've got this!  
~Michelle

**Class Time:** Either 60 or 75 min

**Level:** You choose beginner, open level, advanced. Remember the pace can be slow flow, gentle or a bit more rapid and challenging.

**Sequence should include:**

1. Start pose - including cuing the breath (5-7 min)
2. Warm up - includes warm up of key actions of the peak pose – (10-12 min)
3. Core – (5 min)- can come before or after warm up
4. Basic sun salutations (repeated at least twice) to build heat (2-3 min)
5. 1-3 flows to build toward your peak pose (poses) of peak sequence - each flow consisting of 3-8 poses – (20-30 min)
6. Cool down - to balance the overall practice – (10-15 min)
7. Shavasana (4-8 minutes)

**General guidelines:**

- Pick 1-2 peak poses.
- Although there is a peak pose, remember to keep your class well rounded - and include something from all categories of asana (see section in manual EYTT page 5)
- Make sure you cue breath, transition, name of pose, fine alignment in that order.
- Feel free to include functional movement or put your own flair on the class!
- Do hands on assists while you are teaching.
- Pay attention to lighting and music!
- Remember to connect!
- Pick a theme and present it in the beginning & carry it through class.
- Music is optional and your choice

Remember we love you and are all here to support you!

