

**Amber:** We have ended another lesson and now it is time to take action and reflect on your learning. We have looked at warm ups and sun salutations, we have looked at standing, seated and supine poses. Now we would like you to create 3 warm up sequence that you can have at the ready no matter who walks into your class. Perhaps you will have a standing sequence, a seated sequence and a supine sequence? That's just a suggestion, you can of course switch things up. Maybe your warm up is a modified sun salutation or something like that. Go ahead and create 3 warm up sequences that you can have at the ready. We are going to have you submit one in the homework.

Scroll down the page and check out the homework assignments and how you submit them. Second we would like you to practice the sun salutations variations. We shows you a lots of different ways to do a sun salutation , maybe you have even come up with your own flavor. So we would like for you to become familiar with some of those modified versions and go ahead and make them your own. Practice those, teach them to your friends, or a small class you may have and just see how it goes.

Finally, we would like you to practice teaching a new variation on the sun salutations or maybe breaking down a pose like down dog or child's pose something that takes a lot of cuing, a lot of modifications, maybe something that requires set up. Practice teaching that includes the bus stop method that we talked about. Practice grouping like poses together and really start bringing the techniques and skills that you are learning in the Yoga for All training right into your classes