

METHODOLOGY IN YOGIC PRACTICES

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“One good
teacher is
worth a
thousand
priests”

Six basic components

- What to teach
- Why to teach
- Who should teach
- Whom to teach
- How to teach
- When to teach



Methods in Yoga Teaching

- ◉ Purpose to create learning in the student.
- ◉ Must be compatible with the goals sought or the outcomes expected.
- ◉ The concepts of student-centered approach.
- ◉ The teacher should know how a particular method he uses affects the student's learning ability.

Lecture (oral) method

- Oldest method.
- Large fields on material.
- Useful to pass on information from a wide variety of sources.
- Useful with matured students having a high degree of auditory perception.
- Considerable use in teaching yogic practices.
- Stimulating, interesting and motivating to the students
- It proves of greater advantage when combined with other methods

- It has some limitations too. It merely has explanation, no possibility for demonstration; there is a possibility for lack of much participation; it requires high span of attention. It may not be suitable for all kinds of students.

Responsive-to-instruction (command) method

- ◉ Formal approach
- ◉ Precise instructions-concurrent with a demonstration.
- ◉ Emphasis is on the subject matter of activity.
- ◉ Emphasis is more on demonstration with minimal instructions.
- ◉ Good for large group of students.

Individualized Instructional Method

- Learning is highly individualized.
- To provide by different means for individual difference within the pattern of the group structure.

Group discussion method

- To find out immediate solution to a problem.
- Both individual and group value.
- Individual to learn to express himself in front of others,
- Be tolerant to the opinions of others
- Improve his ability to think critically on the issue of a problem.
- The effectiveness of this method depends upon the leader's ability to lead the discussion

Directed practice method

- Learning by doing.
- Extra practice of selected yogic practices.
- Executed even at the out of class hours.
- Skill and performance levels of the students
- Necessary instructions and understanding the concept are essential.
- The practices of mayurasana, shirsasana, kapalabhati, neti practices may be done under this method.
- The success of this method depends upon the motivation of the students and their rapport with the teacher.

Project Method

- Aim -to enable the students to put into practice what they have learned in the class.
- Assignments, record note books ect
- Collection of related material from, various sources, preparing models and the exhibits
- Sort of extensive work.
- Helps to bring out the best in student's talent.
- Requires planning and insight

Demonstration method

- Emphasis is given more on demonstration - explanation.
- Students have to observe and then perform the activity.
- Most highly recommended method.
- Emphasizes skill and form.
- Excellent group method.
- Both performer and viewer.
- Demonstrator must be a good performer.
- Scope of learning is restricted.
- Utilizes existing talent rather than developing new skills.

Lecture-cum-Demonstration method

- Gives demonstration of specific yogic practices
- Gives necessary information on that practice.
- Involves the auditory and visual perception
- Makes teaching and learning more interesting.
- Students' power of observation and reasoning get exercised and improved.
- Suitable for all kinds of students.
- Proper planning is essential.
- The place of the demonstration should be clearly visible to every student
- Using teaching aids is appropriate.

Imitation Method

- It is good for children.
- The teacher presents the activity one by one and the students imitate the action of the teacher.
- Learning is fast in this method.

Dramatization Method

- Movements of animals, birds, story plays and action songs in play form.
- Lot of scope for exhibiting the imagination of the students.
- More suitable for the children as they get amused by playing roles.
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Question answer method

- It is helpful when the practice is already taught to the students.
- Questions by teacher, students expected to answer the questions

Other Types Of Methods

A) AT- WILL METHOD:

- students are given an opportunity to perform the practice in their own time and rhythm.

B) SET-DRILL METHOD:

- series of well planned moves with or without light objects. practices are memorized and done rhythmically either with or without music.

C) WHOLE METHOD:

- adopted whenever an activity is to be taught as a whole. the teaching of Halasana is done by this method,

D) PART METHOD:

- ◉ particular activity is broken into its meaningful parts and taught.

E) WHOLE -PART- WHOLE METHOD:

- ◉ a full and clear conception of the whole activity is given at the outset.
- ◉ Then, the activity is divided into parts.
- ◉ Then the parts are combined into the whole activity.

F) PROGRESSIVE PART METHOD:

- ◉ the activity is taught step by step. Step 1 will be taught first; then step 2; then step 1 & 2 combined; then step 3; then step 1, 2 and 3 will be combined. Finally, the whole activity will be performed with proper co-ordination.
- ◉ In Yoga, the teaching method has to be eclectic drawing upon useful vital contributions from several existing methods.

Teaching
is a work of
 Heart



THANK YOU

VERY MUCH