Explain the proper alignment and benefits of the poses. Your group will become the instructors for this yoga sequence. You will be graded on your ability to describe and demonstrate the poses, ability to discuss benefits associated with the poses while leading the class through the poses using correct and motivational language, and providing appropriate feedback to the students as necessary.

The following rubric will be used to judge your performance.

**4 = Teacher! 3 = Advanced Practitioner 2 = Intermediate 1 = Beginner 0 = Doesn’t know pose**

|  |  |  |
| --- | --- | --- |
| **Criteria** | **Rating** | **Comments** |
| Used correct language when describing the pose and it’s actions.  | 4 3 2 1 0 |  |
| Demonstrated or gave directions of the pose with correct alignment and exited the pose properly. | 4 3 2 1 0 |  |
| Discussed accurate benefits associated with the pose.  | 4 3 2 1 0 |  |
| Led the class through practice of the pose using correct and motivational language.  | 4 3 2 1 0 |  |
| Gave corrections where needed and made sure all students were safe in their practice.  | 4 3 2 1 0 |  |