

CH 2. Who are you as a teacher and who do you want to work with?

ASSIGNMENT for Chapter 2, Part 1

Identify your relevant experience and add a checkmark if you want to work with similar populations/conditions. You are choosing your target audience.

1. Conditions and/or health issues that you've dealt with before			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
2. Issues/challenges that you've personally struggled with that are not health-related			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
3. Your family situation			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
4. Your past/present career experience			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
5. Your specialized training			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
6. Your hobbies and activities			
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
7. Other populations/conditions			
	<input type="checkbox"/>		<input type="checkbox"/>

ASSIGNMENT for Chapter 2, Part 2

Describe how each of the selected groups of people would benefit from yoga.

How can yoga help *(Ex: office workers who spend a lot of time in front of their screens)*

Physically _____

Energetically _____

Mentally _____

How can yoga help

Physically _____

Energetically _____

Mentally _____

How can yoga help

Physically _____

Energetically _____

Mentally _____