

Student Assessment

Students will be assessed on their practical and theoretical knowledge and their ability to teach the subject as follows:

1. Practical experience of the yoga techniques will be assessed continuously throughout the course by the course director, focusing mainly on the students' ability to practice and teach.
2. Theoretical knowledge will be assessed throughout the course both orally and by written examination. Students will be requested to explain theoretical aspects of yoga in class, as well as being required to submit written essays for assessment. In the final written exam, students will be required to receive 80% correct answers in order to pass.
3. Students will be given outside assignments that will include readings via books as well as through the internet. Students will be asked to submit written reports and give class presentations.
4. Students will be asked to attend at least 4 classes outside the studio and will be required to write an essay evaluating each class.
5. Students will be asked to attend at least 2 workshops outside the studio and will be required to write an essay evaluating each workshop.
6. Teaching ability will be assessed by:
 - a. Mini-teachings throughout the course. Students will be expected to present specific classes to the director as well as to their peers.
 - b. In the final teaching exam, students will be required to teach a full 1 and a half hour class to their peers that will include a Vinyasa flow class, a Yoga Nidra session and a Meditation. The classes will be assessed by the course director.