

FINAL TEACHBACK

Instructions for your final teachback, and what the GSY certifying team is looking for in order for you to become certified as GSY Practitioner:

1. Choose a minimum of 3 and maximum of 5 Somatic Movement Flows® (SMFs):

Put the SMFs together in a sequence within a twenty- to thirty-minute timeframe. Honoring the time limit is really important since we receive a multitude of final teachbacks to review (we will return your video to you, unwatched, if it exceeds the thirty-minute time limit). You can choose to perform your teachback alone with your video camera, or you can be instructing a small group, say one to three people.

Your teachback will be evaluated based upon your sequencing, timing and ability to demonstrate queuing, as well as communicating/demonstrating your knowledge of the science, philosophy, and method behind Gentle Somatic Yoga. Consideration will also be given to how well you embody the practice.

2. Prepare the brain to learn:

At the beginning of class, guide the participant (us, the viewer; or if you are teaching someone live) into a brief soma scan, meditation, and/or a breathing technique to prepare the brain to learn.

For example: “Close your eyes to bring your attention inward and take three cleansing breaths...”

3. State the intention for your class:

For example: “My intention is to guide you into learning something new about your soma today”.

4. Name the Somatic Movement Flow:

For example: “This Somatic Movement Flow is called Foot Sliders”.

5. Name the targeted muscle group:

What muscle group is being repatterned? What is the muscles' function?

For example: “The Foot Slider is Somatic Movement Flow that repatterns the muscles of the entire back body, specifically the neck. The **splenius capitis** is a broad, strap like muscle in the back of the neck. It pulls on the base of the skull from the vertebrae in the neck. It is involved in movements such as nodding the head and also keeping the head centered over the shoulders”.

6. Guide the viewer into Soma (Body) Scans:

After each Somatic Movement Flow guide the viewer into a brief version of a soma scan (average 30 – 60 seconds for this teachback; in a real class or private session the soma scans can be longer).

7. Take opportunities to explain the science and philosophy of GSY:

Gentle Somatic Yoga is not only therapeutic, but it is educational. Call out brief summaries of the GSY terms (science, philosophy, and method of GSY) while you are teaching.

For example, “The movement you are doing right now is called a *pandiculation*: You are mindfully engaging a muscle group, choosing how to release slowly and smoothly, and then resting at the fullest range of motion without moving into a stretch longer than 3 seconds”...

8. Provide Tips and Guidelines:

Refer to the GSY Tips & Guidelines handout, located here:

<https://www.gentlesomaticyoga.com/tips-and-guidelines-for-somatic-yoga>

During your class, call out and demonstrate tips and guidelines for a successful GSY practice.

For example: “move slowly and smoothly”; “keep your focus and attention inward”; “notice the sensations as the result of exploring this movement”; “check in and notice how you feel before and after the movement”; “never push past strain or pain”; “release any secret tension in your jaw, face, shoulders”, etc...

Basically, we would like you to demonstrate everything you’ve learned throughout your training in a summarized and concise manner. Keep your voice confident, keep your class flowing, and be your beautiful self... you’re

going to do great! Simply embody Gentle Somatic Yoga and shine with your heart. It is quite common for most every student to become concerned about their final teachback video. So, if you happen to be one of those people, just know you are definitely not alone. But please, don't stress yourself about it. This art of movement is an invitation to explore all of the SMFs with an attitude of self-discovery, self-acceptance, and enjoyment. You are asked to convey this attitude during your teachback by simply expressing your authentic self and by allowing yourself to be guided by your heart.

We will contact you to confirm your certification within three weeks after you have submitted your final teachback. If for some reason we do not feel you were fully competent, we will offer suggestions for further education and/or practice. We are here to have you succeed, and will support you every step of the way!

How To Upload Your Teachback Video To YouTube or Vimeo.

If you have a smart phone, obtain the YouTube or Vimeo app. For simplicity's sake, we encourage you to use a smart phone to video your teachback.

After you have videoed your class, simply upload it through the phone app. Once it is uploaded you can choose to keep it unlisted, or make it available to the public to view. Add a description and title. When finished, email us the video link.

Here are instructions for uploading a video to YouTube:

<https://www.wikihow.com/Upload-a-Video-to-YouTube>

We highly recommend setting up your own YouTube or Vimeo channel if you don't already have one. This is a great way to keep sharing your practice with others. Here are two links on how to set up a channel:

YouTube: <https://www.wix.com/blog/2017/03/how-to-start-a-successful-youtube-channel-for-your-business/>

Vimeo: <https://help.vimeo.com/hc/en-us/articles/229173248-Channels>