

Gentle Somatic Yoga and Wellness[®]

Student Final Teachback



 *Gentle Somatic Yoga and Wellness[®]*
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By the time you get to this Unit you have completed the majority of the Online Course, so congratulations! At this point, it is common for many students (both in-person and online) to become nervous about delivering their final teachback video*. If you happen to be feeling that please know you're not alone. Facilitating Gentle Somatic Yoga® is an invitation for you to embody

the practice with authenticity. Be yourself and it will shine from your heart. This will guide your teachback process.

**If you are taking this course for self-study and do not need the Practitioner Certification, you do not need to submit a final teachback video. You still qualify to receive a Certificate of Completion (which can be used as Continuing Education Units for most professional organizations).*

Instructions for your final teachback, and what the GSY team is looking for in order for you to become a Certified GSY Practitioner Level 1:

- 1. Choose three Somatic Movement Flows® (SMFs) with different anatomical focus and teach them as they were presented to you in the course material. We highly recommend that you review the step-by-step instructions outlined in both video format and printable handouts.**

Pick the SMFs you wish to teach that target different muscle groups. For example you could choose one SMF that repatterns the muscles of the neck and shoulders, one SMF repatterns the muscles of the lower back, and one SMF repatterns the muscles of the hips & legs. We encourage you to teach one or more SMFs that may not come all that easy for you at first. For example, Somatic Head Circles may be easier, but Restore the Core might be more complex. By challenging yourself in this video, you will become a more effective teacher in the long run.

After you have chosen the three SMFs, then ask yourself how you can incorporate communicating the variety of the GSY neuroscience principles that come into play within each SMF. You will have up to 30 minutes to film your video, so choose wisely how you weave in these principles. We, the teachback evaluators at GSY, acknowledge that you won't always be teaching like this in the outside world. It is

crucial for us to witness you outlining the GSY principles in this final teachback because it helps us know that you fully understand this method and that you are competent to teach it.

As mentioned previously, arrange your class sequence to fit 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 is longer than thirty minutes in duration). You can choose to perform your teachback being filmed alone, or you can be instructing a small group of your students (1-3 people max).

2. Introduce yourself

Say your name and offer a brief explanation of what makes Gentle Somatic Yoga unique compared to other styles of yoga. Describe the technique of pandiculation and why the focus is not stretching. Offer a few tips and guidelines before starting the practice (you can incorporate more tips and guidelines, as well as more expanded explanations of pandiculation as you teach).

3. Prepare the brain to learn

At the beginning of class, guide the participant(s) into a brief Body Scan. This might include a short meditation, and/or a breathing technique (pranayama) that invokes a parasympathetic nervous system response and will prepare the brain to learn something new. For example: "Close your eyes and bring your attention inward and take three cleansing breaths. Let go of the thinking mind and instead begin to feel your body, on the level of internal felt sensation..." This is the first pre-check. At the end of class, in the final Body Scan, you will ask your students to evaluate how they feel as the post-check.

4. State your intention(s) for your class

Think about your intentions for teaching your class. What are your themes? State the overarching intentions for your class out loud. For example: "My intention for this class is to guide you into a practice that will leave you feeling renewed and rejuvenated." Or, you could ask your students to silently state their own intention inwardly. You can give them examples: "My intention is to learn something new about my

soma today”, or, “My intention is to erase the chronic pain in my lower back”, or, “My intentions are to move with joy and pleasure”.

5. Name the Somatic Movement Flow out loud

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

6. Name the targeted muscle group and highlight some of the benefits that come as the result of practicing this Somatic Movement Flow



Gentle Somatic Yoga is a unique method because a focus is on educating our students. We want to empower them with knowledge to self-heal. It will be helpful if you knew functional anatomy. How do specific muscle groups work together? Which muscle groups are being repatterned?

For example, you as the practitioner could share with your students: “Foot Sliders is Somatic Movement Flow that repatterns the muscles of the entire back body, specifically the neck and upper back.

It is not necessary to call out the muscles by their scientific names, but some of your students/clients might appreciate it. This is entirely up to you. For example you could say: “One of the muscles of the neck that is repatterned in this SMF is the **splenius capitis** (see image above where the muscle is highlighted in red). The splenius capitis muscle 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. One of the benefits to practicing this SMF is to relieve stiff and fatigued muscles from the result of spending extended periods of time at the computer”.

A simpler, and sometimes more effective, method is by asking your students/clients to touch, with their own fingers, the muscle groups they will be reeducating.

7. Guide the viewer into Body Scans throughout your class

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

8. **Take opportunities to explain and demonstrate the science and philosophy of GSY**

The signature of Gentle Somatic Yoga, and what makes this method different from most other popular yoga styles, is that we do not focus on stretching muscles. Instead, we use a technique to pandiculate them. It is important that your students understand this. Take advantage of learning moments by demonstrating the principles of neuroscience behind GSY while they are experiencing the SMFs.

For example, you could say: “The technique you are exploring right now is called **pandiculation**. Pandiculation is broken down into three phases. First we have an anatomical focus and mindfully engage that muscle group (building a muscle load). Second, we keep an inward awareness as we slowly disengage that muscle group. Lastly, when the muscles reach their fullest range of motion, without pain or strain, we release all muscular effort and take a pause.” In order to repattern out Sensory Motor Amnesia effectively the brain needs to witness muscles turning on at the beginning of the SMF, and then as a contrast turning off at the end of the SMF.

Other important techniques and principles of GSY that you will want to outline and/or demonstrate are: sensory motor amnesia; stretch reflex; the 3 second rule; brain learns by contrast; means-whereby; move slow and smooth; keep attention focused on internal felt sensation (interoception); when pandiculating be sure to release all muscular effort between each repetition; body scan (aka: Soma); Parasympathetic Nervous System -vs- Sympathetic Nervous System, etc.

Do the best you can incorporating this. We acknowledge that this is a lot to factor into your final teachback. At the minimum we want to see that you are making a good effort. We also understand that this gets easier with more experience teaching. You will find new ways of

explaining and demonstrating the more you teach. ☺

9. Cueing and demonstrating

Your teachback will also be evaluated based upon how well you **EMBODY** the GSY principles. This includes your ability to communicate clearly and choosing when to demonstrate. Remove filler words like “*Now we are going to* lift our left arm and slowly twist to the left”. And instead say: “put your hand on your shoulder and slowly twist to the left.”

Also, it is ok to reference out loud what is happening in your own body during the practice, but remember it is with intent to inspire your students into what they might be feeling for themselves. When you can keep your cueing clean and clear with intent to guide students into their own personal experience. Ask them frequently what they are feeling and noticing. You can give them examples, but then give them space and time to feel for themselves.

10. Pace & timing

Keep your class moving at a balanced pace of not going too slow or too fast. You don’t want your students falling asleep and at the same time you don’t want to rush them. This is part of the art of teaching, so do the best you can. Perhaps teach your final teachback to a friend or family member ahead of time and get their feedback. ☺

11. Offer tips and guidelines

During your class or private sessions, call out and demonstrate the tips and guidelines for a successful GSY practice. If needed, review this unit in your course outline. Also, here is a quick link to the most up-to-date instructions found on our website:

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

For example: “move slowly and smoothly”; “keep your focus and attention inward while you witness internal felt sensation”, “check in and notice how you feel in your body, though contrast, before and after the movement”; “never push past strain or pain”; “release any secret tension in your jaw, face, shoulders”, etc...

12. Overview and summary of these instructions



We would like you to highlight the philosophical values and neuroscience behind everything you've learned throughout this course in a summarized and concise manner. Stay grounded in your body and remain mindful of your presence. You came to learn this method because you have a passion to help empower people. Express this passion from your heart and allow the process to unfold. ☺

Next Steps:

We will contact you by email as confirmation when we receive your teachback video.

On average it could take up to three weeks* before you hear back from us if you have passed the course and have become certified as a GSY Practitioner.

If for some reason we do not feel you are fully competent yet as a GSY Practitioner, we will offer constructive feedback and may request additional material before we can pass you. But please don't worry, we are here to help you succeed, and will support you in every step of the way!

*There may be times when we might need more time to give you our feedback. As Gentle Somatic Yoga becomes more recognized worldwide we have experienced an increase of movement educators that want to become certified. Because of this there are times where we receive big waves of people submitting their final teachbacks at the same time. Thank you in advance for your patience in regards to getting back to you in a timely manner. We, the GSY teachback evaluation Team, respect your time, energy, and investment in your continued education. We do not rush through the evaluation process and want to make sure each practitioner receives our undivided attention. With this being said, don't wait for us... keep on teaching and practicing GSY!

How to upload your teachback video to YouTube or Vimeo

For simplicity's sake, we encourage you to use a smartphone to video your teachback. Please video your class in the landscape position and not

portrait. In other words, use your phone in a horizontal position (not vertical).

After you've videoed your class, download the YouTube or Vimeo app on your phone and simply upload your video. Add a description and title. Once it is uploaded please make sure you mark the privacy settings of your video as "**unlisted**". When you choose this option it means your video won't be available to the public, but anyone with a link can open it.

Fill out this form and insert your video link where indicated:

<https://teachback.members-only.online/>

Here are instructions for uploading a video to YouTube:

<https://www.youtube.com/watch?v=VtF2AgFSLAw>

Instructions of how to upload into Vimeo:

<https://www.youtube.com/watch?v=D4Px5HDgehs>

We highly recommend setting up your own free YouTube or Vimeo Channel if you don't already have one. This is a great way to keep sharing and marketing your practice with others. Here are a couple more instructional links:

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>

One last resort: Google Drive

If for some reason you are not able to upload your video to YouTube or Vimeo, you can try to upload it into Google Drive. Google Drive stores documents, photos, and videos in "the cloud". From here you can easily share your video with us. You can use education@gentlesomaticyoga.com email address when prompted.

To learn more about Google Drive: <https://www.google.com/drive>

If you have any questions or concerns please do not hesitate to reach out to us: CustomerCare@gentlesomaticyoga.com

P.S. You can book a paid one-on-one appointment with James if you would like to be mentored. Use this link:

<https://gentlesomaticyoga.as.me/schedule.php>

AND P.S.S. Have fun and try not to get too serious! You'll do great!

Namasté,

James Knight and the GSY Team