

# USP122

## Programming yoga sessions

The aim of this unit is to develop the knowledge and understanding of the planning and programming requirements to deliver safe and effective yoga sessions.

Learners will develop knowledge and understanding of how to gather information from clients and how to analyse and use this information to plan a safe, effective and progressive yoga practice and when to refer clients to other professionals.

Learners will develop their knowledge of the range of yoga techniques and practices and their suitability for specific client needs; they will also look at methods of adapting and modifying techniques to accommodate clients and develop a progressive practice. Learners will also understand appropriate client records that need to be maintained.

Level

**3**

GLH

**60**

Observation(s)

**0**

External paper(s)

**0**



# Programming yoga sessions

## Learning outcomes

On completion of this unit you will:

1. Be able to plan safe and effective yoga sessions
2. Know how to collect and analyse client information to plan safe and effective yoga sessions

## Evidence requirements

1. *Knowledge outcomes*  
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Range*  
All ranges must be documented or other forms of evidence produced to show they have been covered.
3. *Progressive yoga programme*  
You are required to devise a progressive yoga programme for a group yoga session with modifications for 3 different client needs. This must be documented in your portfolio of evidence.
4. *Case studies*  
You must document planning and programming evidence for at least 3 yoga sessions for a minimum of 3 clients.

Content of case studies: client consultation notes and screening records (e.g. PAR-Q), session plan, home care advice, client feedback, session evaluation.

5. *Session plan*  
You must complete a session plan for one group yoga session, detailing preparatory phase, main phase and closing phase.
6. *Tutor/Assessor guidance*  
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *Additional information*  
This unit **must** be delivered in conjunction with and relate to the content of the unit **USP123 Instructing yoga sessions**. All asanas delivered in USP123 Instructing yoga sessions unit (see range) must be planned and programmed.
8. *External paper*  
There is no external paper requirement for this unit.

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*\*This is not an exhaustive list.*

## Achieving range

The range section indicates what must be covered. Ranges should be documented. All ranges must be covered. Your assessor will document the portfolio reference once a range has been competently achieved.

## Evidence requirements

You are required to devise a progressive yoga programme for a group yoga session with modifications for 3 different client needs. This must be documented in your portfolio of evidence.

You must document planning and programming evidence for at least 3 yoga sessions for a minimum of 3 clients. Content of case studies: client consultation notes and screening records (e.g. PAR-Q), session plan, home care advice, client feedback, session evaluation.

You must complete a session plan for one group yoga session, detailing preparatory phase, main phase and closing phase.

Your tutor/assessor will sign below once the requirements have been completed.

	Date achieved	Assessor initials
Progressive programme		
Case study records		
Session plan for group yoga session		

# Knowledge



Learning outcome 1

## Be able to plan safe and effective yoga sessions

You can:	Portfolio reference
a. Record and analyse client information	
b. Select and plan appropriate yoga practices and techniques based on analysis of client information	
c. Plan a progressive programme to meet client goals	



## Learning outcome 2

### Know how to collect and analyse client information to plan safe and effective yoga sessions

You can:	Portfolio reference
a. Describe the information needed to plan a safe and effective yoga session	
b. Describe methods of collecting information to screen and assess clients	
c. Describe consultation skills	
d. Explain the factors based on screening, which affect safe participation and practice	
e. Explain the importance of informed consent	
f. Justify the reasons for temporary deferral of yoga practice	
g. Explain how and when yoga teachers should refer participants to other professionals	
h. Describe how client priorities influence yoga practice	
i. Describe how to plan a practice using techniques to meet the needs of the individual	
j. Describe the advantages and disadvantages of using music	
k. Explain appropriate client records	



# Range

You must document that you have:

<b>Collected information to be analysed using a <b>minimum of 2</b> methods</b>	<b>Portfolio reference</b>
PAR-Q	
Consultation/interview	
Postural assessment	
<b>Planned a progressive programme for a <b>minimum of 3</b> different types of client needs</b>	<b>Portfolio reference</b>
Clients with different experience of yoga - beginner or improver	
Clients of different ages and/or gender	
Clients with different levels of physical fitness - flexibility, strength, cardiovascular	
Clients with different skill level - co-ordination, balance	
Clients with specific goals or requirements - to improve health, balance, assist with stress management, promote relaxation, improve flexibility, improve strength	
<b>Programmed <b>all</b> phases of a yoga session</b>	<b>Portfolio reference</b>
Opening phase with relaxation and mobilisation	
Main phase with a balanced selection of asanas	
Closing phase with pranayama, meditation and mantra	
<b>Programmed a <b>minimum of 1</b> flowing yoga sequence</b>	<b>Portfolio reference</b>
Surya Namaskara - sun salutation	
Vinyasa flow (own design)	
Vinyasa flow (pre-designed)	
Vinyasa flow (pre-designed and for a specific goal)	



You must document that you have:

Programmed a <b>minimum of 5</b> standing balances with appropriate preparatory and counter poses		Portfolio reference
Tadasana - Mountain pose		
Vrkshasana - Tree		
Virabhadrasana 1 - Warrior – 1		
Virabhadrasana 2 - Warrior – 2		
Virabhadrasana 3 - Warrior – 3		
Malasana - Hindi squat		
Utkatasana - Chair (also strengthening)		
Garudasana - Eagle		
Natarajasana - Dancer (also a back bend)		
Programmed a <b>minimum of 2</b> forward bends with appropriate preparatory and counter poses		Portfolio reference
Uttanasana - Standing forward bend		
Prasarita padottanasana - Wide legged forward bend		
Janu sirsasana - Head to knee pose – seated forward bend		





You must document that you have:

Programmed a <b>minimum of 8</b> seated or kneeling postures with appropriate preparatory and counter poses	Portfolio reference
Sukhasana - Cross legged easy pose	
Siddhasana - Perfect pose	
Ardha padmasana - Half lotus	
Padmasana – Lotus pose	
Dandasana - Staff pose	
Baddhakonasana - Cobbler’s pose or fixed angle pose	
Navasana - Boat pose	
Virasana – Hero pose	
Marjaryasana – Cat pose	
Bitilasana – Cow pose	
Upavista konasana – Seated wide angle pose	
Supta virasana – Reclining hero stretch	
Gomukasana - Cow face posture	
Simhasana - Lion pose	
Balsasana - Child pose	
Programmed a <b>minimum of 5</b> lying postures with appropriate preparatory and counter poses	Portfolio reference
Apanasana – Wind relieving	
Ardhu apanasana – Half wind pose	
Supta hasta uttanasana – Whole body stretch	
Savasana – Corpse pose	
Viparita karani – Legs up wall pose or inverted lake pose	
Supta padangutasana – Lying hamstring stretch	



You must document that you have:

<b>Programmed a <b>minimum of 2</b> strengthening postures with appropriate preparatory and counter poses</b>	<b>Portfolio reference</b>
Khumbhakasana - Plank	
Chaturanga dandasana - Crocodile	
Vasishthasana - Side plank	
<b>Programmed a <b>minimum of 3</b> rotation with appropriate preparatory and counter poses</b>	<b>Portfolio reference</b>
Parivrtta utkutasana - Twisting chair	
Parivrtta trikonasana - Revolved triangle	
Ardha matsyendrasana - Half lord of the fishes	
Jathara parivartanasana - Belly twist	
<b>Programmed a <b>minimum of 2</b> lateral posture with appropriate preparatory and counter poses</b>	<b>Portfolio reference</b>
Utthita trikonasana - Triangle or extended triangle pose	
Utthita parsvakonasana - Extended side stretch	
Ardha chandrasana - Half moon pose	
<b>Programmed a <b>minimum of 5</b> backbends with appropriate preparatory and counter poses</b>	<b>Portfolio reference</b>
Dhanurasana - Bow pose	
Bhujangasana - Cobra	
Urdhva mukha shvanasana - Upward facing dog	
Salabhasana - Locust	
Setu bandhasana or dwi pada pitham - Bridge	
Ustrasana - Camel pose	
Chakrasana - Wheel	
Matsyasana – Fish pose	



You must document that you have:

Programmed a <b>minimum of 4</b> inversions with appropriate preparatory and counter poses	Portfolio reference
Adhomukha svanasana - Downward facing dog (also a resting pose)	
Halsana - Plough pose	
Bakasana - Crane or crow pose (also strengthening and balancing)	
Ardha sarvangasana - Half shoulder stand	
Sarvangasana or Salamba sarvangasana - Shoulderstand	
Sirsasana or Salamba sirsasana - Head stand	
Programmed a <b>minimum of 3</b> pranayama techniques	Portfolio reference
Ujjayi – Victorious breath	
Deep abdominal breathing	
Full yogic breath	
Brahmari - Humming bee	
Nadi sodhana - Alternate nostril breathing	
Kapalabhati - Lung cleansing	
Sithali - Cooling	
Sitkari a Hissing	
Surya bhedana – Vitality stimulating breath	
Kumbaka – breath retention	
Programmed a <b>minimum of 2</b> mudras	Portfolio reference
Atmanjali mudra - prayer	
Jnana mudra	
Chin mudra	
Dhyani mudra	



You must document that you have:

Programmed a <b>minimum of 3</b> relaxation/meditation techniques	Portfolio reference
Dharana – A state of mind where focus and concentration is on one point	
Dhyana – Meditation	
Active muscular relaxation	
Passive muscular relaxation	
Bhavana – Visualisation	
Mantra – Use of a sacred sound	

# Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

## Learning outcome 1: Be able to plan safe and effective yoga sessions

### **Record and analyse client information:**

Consult with clients to gather information, including informed consent, using appropriate methods to gather specific information, e.g. PAR-Q, posture assessment. Analysis of client information should include consideration of yoga lifestyle values (yama and niyama).

**Select and plan yoga practices and techniques:** Selection should be based on analysis of client information and all planned practices should meet client needs. Appropriate (Asana, pranayama - breathing techniques; dharana/dhyana - concentration/meditation/reflection, relaxation; bhavana - visualisation; mantra; mudra and bandhas; Kriyas) with modifications and progressions appropriate to the specific client and their goals and needs.

### **Plan a progressive programme:**

Progressive programming for different client needs and different types of client. Programmes should develop and progress over a number of sessions and the practices and techniques should be appropriate to the specific individual. Methods of progression – duration/timing of sessions, exercise positions (range of motion, use of props, use of balance, levers, length of hold, breath), frequency of sessions (including client home practice and specific resources or support materials/instructions). The need to explain what is expected from the client in terms of their commitment and the likely number of sessions or classes needed for them to achieve specific goals.



## Learning outcome 2: Know how to collect and analyse client information to plan safe and effective yoga sessions

### Information to plan a yoga session:

Personal information (age, gender, contact information), medical history (past and current), readiness to participate (PAR-Q), lifestyle behaviours (activity, diet, use of alcohol, smoking), lifestyle values.

### Methods of collecting information:

Written (PAR-Q), consultations (verbal, question and answer), postural assessments; advantages and disadvantages of different methods with awareness of gaining client permission (informed consent) prior to any physical assessments (posture) that may require touch.

**Consultation skills:** Communication skills - non-verbal (body language, gestures, facial expressions, active listening) and verbal (open questions, reflective statements, summaries). The importance of, and need to develop, a sensitive and intuitive approach to clients and their needs. The importance of communication skills for gathering information to support clients. The importance of building a relationship of trust and support. The importance of treating every client as an individual and respecting equality and diversity.

**Factors which affect safe participation and practice:** How to analyse information and case study history (which includes medical conditions and other factors conveyed by the client together with the acute/chronic nature of each issue). How to assess the client's priority for improvement (specific goals and needs, modifications or progressions needed). How to use information gathered to guide clients and plan programmes (when appropriate). Awareness of the anatomy,

physiology and pathology relevant to any medical conditions identified in a client to ensure appropriate yoga practice is proposed or clients are signposted (if and when appropriate). Medical conditions which should be signposted for clearance prior to participation and which may need specialist instructor supervision (general anxiety disorder, depression, sciatica, low back pain, obesity and diabetes, osteoarthritis, osteoporosis, stroke, cardiovascular disease and risk factors, e.g. hypertension, high cholesterol, smoking, inactivity; neurological conditions, stroke, Parkinson's).

Other populations that may need specialist instruction and supervision (ante and post-natal, disabled, young adults, older adults, individuals with recent injuries, e.g. strains, sprains, fractures). Other factors that impact participation (client motivation, experience and confidence, commitments and time available)

### Importance of informed consent:

The key principles of informed consent, purpose and value prior to assessment and participation and key information to record on an informed consent record, including legal requirements.

**Reasons for temporary referral:** Reasons for deferral (feeling unwell, incorrect clothing, under influence of alcohol), reasons for signposting and referral to other professionals (if client needs exceed the limits of own competence, training and expertise), when to refer the client to other practitioners (e.g. Yes response to PAR-Q, contra-indications, cardiovascular disease (CVD) risk factors, high risk status). Other practitioners may include - GP, Counsellor, Dietician.



## Learning outcome 2: Know how to collect and analyse client information to plan safe and effective yoga sessions (continued)

**How and when to refer participants to other professionals:** How to recognise when a medical diagnosis is needed to support your assessment of the client's needs (e.g. Yes response to PAR-Q, contra-indications, Cardiovascular disease (CVD) risk factors, high risk status).

**How client priorities influence yoga practice:** Client priorities may include their preferences and needs, current abilities or limitations and the potential for improvement. They may have time constraints for practice. They may prefer a therapy setting one to one (where a tailored initial home practice and further home practices are developed to suit the client's individual needs) or a group setting (where group practices are personalised with appropriate modifications and variations for the needs of each client in the group).

The importance of working with clients to agree goals, objectives, programme and modifications. The value of considering client information with awareness of the importance of long-term behaviour change for developing client well-being and ability.

The need to explain what is expected from the client in terms of their commitment and the likely number of sessions or classes needed.

The use of support materials to help the client practice at home – materials could include written instructions, audio recording etc.

How to encourage and motivate the client to practise regularly, including appropriate aftercare information.

Yoga techniques to meet different priorities and needs (Asana, pranayama – breathing techniques; dharana/dhyana

- concentration/meditation/reflection, relaxation; bhavana – visualisation; mantra; mudra and bandhas; Kriyas). How to adapt and modify the techniques for an individual's specific needs and priorities.

**How to plan using techniques to meet needs of individual:** Use of a lesson plan or progressive programme overview to record the session. Information to record, session timing, level of difficulty, yoga techniques (Asana, pranayama – breathing techniques; dharana/dhyana - concentration/meditation/reflection, relaxation; bhavana – visualisation; mantra; mudra and bandhas; Kriyas) with planned modifications/progressions to meet client needs. How to develop and progress the practices and techniques prescribed over a number of sessions and in ways appropriate to the specific individual.

Awareness of contra-indications to the use of the techniques based on the health of that individual, including the reasons for caution in proposing and when to exclude some yoga practices for some clients (range of motion limitations, low risk health conditions). Awareness of issues where specialist training (yoga therapy) would be required (medical conditions or palliative care) to ensure practice is greatly modified. Awareness of the reasons for some caution (e.g. dizziness, lack of balance, as these symptoms can mask an underlying disease/health condition). Awareness of own limitations and role boundaries.

**Advantages and disadvantages of using music:** Consideration should be given to the legalities and licensing for planning to use and play music; choice of music to create the desired atmosphere and music preferences, e.g. different genre and type



## Learning outcome 2: Know how to collect and analyse client information to plan safe and effective yoga sessions (continued)

that would fit with yoga practice, including meditation music, prayers and chanting.

**Appropriate client records:** Client records should consist of all screening information, consultation documents (questionnaires and postural assessments) and informed consent; client case studies information (lesson plans, progressive programmes, self-evaluation and client feedback). All records should be maintained with consideration to legalities (confidentiality, data protection).