



IYENGAR YOGA

NATIONAL ASSOCIATION OF THE UNITED STATES

ZOOM ASSESSMENT 2021 FAQ FOR CANDIDATES

Is IYNAUS really going to offer a Zoom assessment?

Yes! IYNAUS has successfully hosted two already, as have several other countries.

The committee recommends that candidates and mentors arrange Zoom classes where candidates can gain experience working with zoom in the months prior to the assessment.

What props will students have?

You can expect the students to have a mat, two blocks, strap, bolster, backless yoga chair, and blankets enough for Sarvangasana. Students will also have a wall space, viewable by the teacher, that is suitable for poses like Sirsasana and Adho Mukha Vrksasana.

Can I help students get their viewing angles?

Students are expected to be familiar with the Zoom platform for online yoga classes.

Prior to the start of class, the Zoom host (an experienced CIYT) will help students get their camera angles set in an optimal way. Once the class starts, it will be to up the candidate to manage the students as they choose.

How insistent should I be that students place themselves and their mats in a certain way?

That is according to your discretion. The assessors know that students have limited space and not everyone will be able to set up their mats in the same way.

How will I know when my time starts?

Before your time starts, you may ask students to gather their props for the first pose and get them arranged in their space (for example mats parallel to the camera). The Zoom host will communicate with you when your time begins. You will also be notified when 20 minutes has passed.

Do I need to do each pose with the students or can I watch close to the screen?

Candidates should use their usual teaching techniques: demonstrating, doing the pose with the students at times, and observing and correcting the students according to what seems most effective, whether being close to the screen or farther away.

Candidates can choose to demonstrate first and then watch the students closer to the screen. It is also possible to begin teaching without a demonstration and do the pose with the group. After observing the students, the candidate may choose a point to demonstrate and then reteach.

Can I spotlight and pin?

Yes, that is according to your discretion. If you normally use these functions while teaching, you can utilize these functions during assessment.

Must I mirror while teaching online?

That is according to your discretion. Zoom provides challenges with mirroring. Teach in the way that you are most comfortable.

Are we going to be required to teach inversions since I am not there physically to help them?

Yes. Students will be familiar with the inversions on your syllabi and willing to attempt them. Should you find that some students are not able to complete the full pose, you should be ready to teach stages of the pose.

Will we receive the sequence for the Conducted Performance in advance?

No. During the Conducted Performance candidates will perform the āsanas that are called from the syllabus. The assessors observe the candidates as a group.

Will all the asanas on the syllabus be included in the Conducted Performance?

No. You can expect that many of the asanas will be included, but not all of the asanas can be done in the time allotted for the Conducted Performance. The asanas marked with an asterisk will not be included.

Are there any specific guidelines for how to design my Inversions Practice?

The Inversions Practice is an opportunity for you to show the assessors how you practice. Each candidate will design their own sequence. You may include preparatory asanas and variations. This sequence will be submitted prior to the assessment. It should include the list of āsanas (in Sanskrit) in the order you intend to practice them as well as a short explanation with each pose that details your thinking - how the individual āsana develops correct and precise action, how the individual poses link from one to the next, how the overall sequence of āsanas develops sensitivity, perceptivity and reflectivity. See Lesson Plan in RIYMI Certification and Assessment Guidelines.

Do I have to include all the inversions on the syllabus in my inversions practice?

You should include as many of the inversions on your syllabus as you can. What is more important than doing all of the poses is that your sequence illustrates how you practice.

I have an injury/conditions which precludes the practice of some of the inversions. What should I do?

Those who should not be doing inversions should have a sequence that is suitable for their situation. This sequence should illustrate what you are doing to work with your injury/condition. For those menstruating during the Inversions Practice, they may show the inversions briefly then continue with a suitable menstruation sequence.

Will there be additional time allocated so that I can change viewing angles?

No.

Will the assessors need to see my feet and hands in a pose like Urdhva Hastasana in Tadasana? This would require me to create a new space.

The assessors know that everyone has a different amount of space. Do your best to have the majority of your body within view.

In my teaching sequence, should I include other preparatory poses such as Adho Mukha Svanasana and Prasarita Padottanasana?

One week prior to the assessment, candidates will be assigned three āsanās that must be included in the teaching sequence and a context in which to teach it (see RIMYI Guidelines p. 16). Candidates must create a sequence that includes these three āsanās, as well as Sirisasana and Sarvangasana (variations can be included) plus one or two additional poses from the syllabus. The sequence should have six or seven āsanās total.

What happens if there is a technical issue?

The assessors know that technical problems do happen from time to time, whether it be the internet or Zoom. It will need to be handled in the moment.

If your internet is unreliable, you can use your phone as a hotspot and be back online very quickly. Contact your provider to set up a personal hotspot on your phone. Practice using it so if you needed it, you would know what to do.

For questions and more info: Contact assessment.chair@iynaus.org