

White Crow Yoga RYT300 Assignments to Be Turned In

Note: There are other assignments, such as reading or watching videos or meditation practices, but this summarizes the homework you turn in for review.

Even if a quiz is listed as 'required' all quizzes are actually optional. I 'recommend' certain quizzes in some cases and I've listed those below, but I do recognize that not everyone is comfortable with traditional testing and I am fine with that. If you show me that you can apply the knowledge (which you will do through your other assignments) that's all that matters. Your clients will never give you a written quiz 😊

However, feel free to take the quizzes as a pre-test, before even looking at the material and again afterwards. You can take them many times. No one is judging or reviewing this! It's only a learning tool so don't put any pressure on yourself. Many of the anatomy questions are pulled from tests banks, which can be good, but can also be hard to interpret. Plus, no matter how many years we study some topics, such as anatomy, if we don't use it daily we can forget it easily. Again, please do not pressure yourself. No one is judging! If you ace the quizzes and finish the coursework, what will you get? Your RYT300. If you fail the quizzes but finish the coursework, what will you get? Yes, your RYT300 because remember quizzes are optional.

Physical Track Student Assignments

- #1. Postural Assessment of 1 client (video or Zoom)
- #2. Postural Quiz (recommended but all quizzes are actually optional)
- #3. Evaluate Test Skills – *ROM/Strength/Asana/Movement (Video - . An example might be watching your client do a side bend to see if their fingertips come close to their knees or if they have differences from 1 side to the other, or asking your client to do a simple seated twist to see if they look or report feeling restrictions or have noticeable differences from side to side.*
Intensive Quiz Trail Guides to Movement
- #4. Core Quiz (recommended but all quizzes are actually optional)
- #5 Yoga Therapy Assignment – *Select a topic to present that deals with yoga therapy. This is all explained on the portal and can be as simple as a 30 minute practice/demo that shares your passion for a yoga therapy topic.*
- #6. Case Studies – *Either upload a document stating you understand the case studies and need no further assistance (which will probably be the case at this stage of the training) or do the case studies for additional feedback if desired*
- #7 Full YT Plan – *This will be the culmination of your studies. I want you to show me that you know how to do a pre-assessment, assessment, create a yoga therapy plan, and implement the plan with a client. This is a volunteer client with a condition of your choice (it can be made up – you don't have to find a real client with hip pain or diabetes, for example...you can pretend your client has the issue). This does not have to be complex. Make it as real world as you can. If you think you'll work with seniors, create a plan*

for a senior. If you'll work with athletes, create a plan for an athlete. If you'll work with middle-aged folks starting to see decline due to inactivity or being weekend warriors, create that plan. Because you'll make it as real world as possible, don't feel compelled to do more assessment, etc. than you'd do in the real world. Don't impress me. Impress yourself and your client!

Emotional (Spiritual/Subtle Energy) Track Student Assignments

#1. Practice meditation 60 days and turn in a short written about your experiences

#2. Postural Assessment of 1 client (video or Zoom)

Chakra Testing – *Video – I want to see you administering a chakra test of your choice to a volunteer. You will be given full instructions. You can choose a simple written/verbal test or other tests described in the course.*

#3. Chakra Theory Essay – *3-10 pages summarizing what you've learned from Paul Grilley's Chakra Theory course, which will be included with your RYT300 materials. Tell us how you will apply what you've learned and what resonated with you. There's no 'right or wrong' and please do not worry about format. It doesn't need to be formal; I am not looking at grammar, punctuation, style, etc. You can always video yourself talking about it instead of writing it down if you'd prefer.*

#4. Intensive Quiz Trail Guides to Movement (recommended but all quizzes are actually optional)

#5. EFT Tapping Assignment – *Create a script for a volunteer client and teach it to them. Documentation may be written or video.*

#6. Yoga Sutra Homework – *Certificate of completion from Yoga Sutra course by Nischala Joy Devi and an essay telling me how you will apply what you have learned*

#7. Yoga Therapy Assignment – *Select a topic to present that deals with yoga therapy. This is all explained on the portal and can be as simple as a 30 minute practice/demo that shares your passion for a yoga therapy topic.*

#8. Case Studies – *Either upload a document stating you understand the case studies and need no further assistance (which will probably be the case at this stage of the training) or do the case studies for additional feedback if desired*

#9 Full YT Plan – *This will be the culmination of your studies. I want you to show me that you know how to do a pre-assessment, assessment, create a yoga therapy plan, and implement the plan with a client. This is a volunteer client with a condition of your choice (it can be made up – you don't have to find a real client with hip pain or diabetes, for example...you can pretend your client has the issue). This does not have to be complex. Make it as real world as you can. If you think you'll work with those with PTSD, fear, anxiety, etc. then use that as your model. In this example, you may or may not do physical assessments. Again, make it as real world as you can. Don't impress me. Impress yourself and your client!*

