International Meditation Teachers & Therapists Association
Practitioner Training Course

**Certificate in Meditation Teaching and Holistic Human Development**

 **Module Five
Submission Form**

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| Your name |  |
| Teacher’s name  |  |
| Submission date |  |

Please answer all the questions on this Module Submission Form.

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| 1a. Did you practice the Full Body Relaxation Exercise every day this week? |  |
| 1b. What new or different experiences or insights did you have when practicing the Full Body Relaxation Exercise this week? |  |
| 2a. Did you Practice the Zen Meditation every day? |  |
| 2b. In just a few words please describe your experience with Zen meditation this week. |  |
| 3. Please list five things that you have listed in your journal this week (that you are grateful for).  |  |
| 4. This module includes a practical session that requires you to become familiar with different postures and poses. Please briefly discuss the 3 Traditional Meditation postures you practice and how you felt about them (max 100 words).  |  |
| 5. Do the Chair Yoga classes include floor, prone or standing postures?  |  |
| 6. Please list some of the psychological benefits of Chair Yoga. |  |
| 7. What do you understand of the Chair Yoga class structure? |  |
| 8. List six (6) health and safety issues you need to consider when creating and maintaining a safe teaching environment. |  |
| 9. Why is breathing so important during a Chair Yoga class? |  |
| 10. What is the reason for describing the benefits of Chair Yoga postures while your students are doing them? |  |
| 11. How should Chair Yoga movements be conducted? |  |
| 12. What should you do if you notice a student having difficulty with a particular posture during a class? |  |
| 13. Which groups and individuals is Chair Yoga particularly well suited to? |  |
| 14a. What is your personal favourite Chair Yoga pose and why? |  |
| 14b. What did you learn from watching the DVD of the Chair Yoga Postures being demonstrated? |  |
| 14c. Have you been practicing the Chair Yoga postures each day? |  |
| 14d. What comments, difficulties, questions, observations or insights do you have about Chair Yoga and/or the Chair Yoga Postures? |  |
| 15. Did you practice *Shaking Down* and *Butterfly Breathing* at least once every day this past week? If you did, did you find it beneficial?  |  |
| 16. Did you read the Chakra e-book by Miles Tyler? If so, do you feel you have a working understanding of the Chakra (Energy) system?  |  |
| 17a. Did you practice the Breathing Meditation this week? If so, please briefly comment on your experience (Max 100 words).  |  |
| 17b. In your own words, briefly explain why breathing is important for good health and relaxation (50-100 words).Imagine this is a short speech you might give at a business person’s lunch. |  |
| 18a. Write the five (5) statement affirmation mantra you wrote for yourself this week. |  |
| 18b. Did you use the affirmation mantra? If so, briefly describe how you feel about it?  |  |
| 19. Did you especially enjoy anything about this module? If so, write a brief account please. |  |
| 20. Is there any aspect of this module you disliked or, did not understand or, had issues with? |  |
| 21. How do you feel you have grown or developed professionally through this module? |  |
| 22. How do you feel you have grown or developed on a personal level through this module? |  |
| 23. Is there anything you require assistance with or need to discuss? |  |