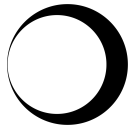




K H A L I

Y O G A C E N T E R

Teacher Audition Packet



# Journey into Power Sequence



## **INTEGRATION**

Child's Pose  
Downward Facing Dog  
Ragdoll  
Tadasana  
Samasthiti with 3 Oms

## **AWAKENING**

Sun Salutation A (x5)  
Sun Salutation B (x5)  
Flip Dog/Side Plank  
Vinyasa into the other side

## **VITALITY**

Crescent Lunge  
Crescent Twist  
Warrior Two  
Extended Side Angle Pose  
Vinyasa into other side  
Chair Twist  
Fingers to Toes Forward Fold  
Palms to Toes Forward Fold  
Crow

## **EQUANIMITY**

Eagle (x2)  
Standing Leg Raise  
Airplane  
Half Moon  
Dancer (x2)  
Tree

## **GROUNDING**

Sun Salutation A - variation with  
Triangle  
Side Facing Wide Leg Forward Fold  
Namaste Front Facing Forward Fold  
Twisting Triangle  
Vinyasa into other side

## **IGNITING**

Locust (x2)  
Bow (x2)  
Upward Facing Dog  
Camel (x2)  
Bridge  
Wheel (x6)  
Supta Baddha Konasana  
Happy Baby

## **STABILITY**

Scissor Legs  
60/30 Lift  
Abdominal Twists  
Boat

## **OPENING**

Half Pigeon  
Double Pigeon  
Frog

## **RELEASE**

Seated Single Leg Extension  
Seated Forward Fold  
Reverse Table Top  
Fish

## **REJUVENATION**

Headstand/Handstand option  
Shoulder Stand (Waterfall option)  
Plow  
Karnapidasana

## **DEEP REST**

Supine Twist  
Supta Baddha Konasana  
Savasana  
3 Oms



# JOURNEY INTO POWER SEQUENCE

## Full Flow with Transitions

INTEGRATION

### INTEGRATION

Child's Pose  
 Downward Facing Dog  
 Ragdoll  
 Halfway Lift  
 Forward Fold  
 Tadasana  
 Hands to heart center  
 3 Oms

AWAKENING

### AWAKENING

Sun Salutation A (Repeat 3-5 Times)  
 Sun Salutation B (Repeat 3-5 Times)  
 Flip Dog Variation (After last Sun B)

### Sun A

(Repeat 3-5 Times)

Tadasana  
 Forward Fold  
 Halfway Lift  
 Chaturanga  
 Upward Facing Dog  
 Downward Facing Dog  
 (Hold 3-5 Breaths)  
 Look Forward  
 Step or Jump Forward  
 Halfway Lift  
 Forward Fold

### Sun B

(Repeat 3-5 Times)

Chair Pose  
 Forward Fold  
 Halfway Lift  
 Chaturanga  
 Upward Facing Dog  
 Downward Facing Dog  
 Warrior One Right Side  
 Chaturanga  
 Upward Facing Dog  
 Downward Facing Dog  
 Warrior One Left Side  
 Chaturanga  
 Upward Facing Dog  
 Downward Facing Dog  
 (Hold 3-5 Breaths)

### Flip Dog Variation

(After last Sun B)

Three Point Right Side  
 Flip Dog  
 High Plank  
 Side Plank  
 Chaturanga  
 Upward Facing Dog  
 Downward Facing Dog  
 Three Point Left Side  
 Flip Dog  
 High Plank  
 Side Plank  
 Chaturanga  
 Upward Facing Dog  
 Downward Facing Dog





### VITALITY

- Crescent Lunge Right Side
- Revolving Crescent Lunge (R)
- Crescent Lunge
- Warrior Two
- Extended Side Angle
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- Crescent Lunge Left Side
- Revolving Crescent Lunge (L)
- Crescent Lunge
- Warrior Two
- Extended Side Angle
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- Look Forward
- Step or Jump Forward
- Halfway Lift
- Forward Fold
- Chair Pose
- Chair Twist to the Right
- Fingers to Toes Forward Fold
- Halfway Lift
- Forward Fold
- Chair Pose
- Chair Twist to the Left
- Palms to Toes Forward Fold
- Crow Pose
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- Look Forward
- Step or Jump Forward
- Halfway Lift
- Forward Fold
- Tadasana

VITALITY

### EQUANIMITY

- Eagle Pose Right Side
- Eagle Pose Left Side
- Eagle Pose Right Side
- Eagle Pose Left Side
- Standing Leg Raise A Right Side
- Standing Leg Raise B
- Unsupported Standing Leg Raise
- Airplane Pose
- Half Moon Pose
- Forward Fold
- Halfway Lift
- Forward Fold
- Tadasana
- Standing Leg Raise A Left Side
- Standing Leg Raise B
- Unsupported Standing Leg Raise
- Airplane Pose
- Half Moon Pose
- Forward Fold
- Halfway Lift
- Forward Fold
- Tadasana
- Dancer's Pose Right Side
- Dancer's Pose Left Side
- Dancer's Pose Right Side
- Dancer's Pose Left Side
- Tree Pose Right Side
- Tree Pose Left Side

EQUANIMITY



**GROUNDING**

**GROUNDING**

- Tadasana
- Forward Fold
- Halfway Lift
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- Triangle Pose Right Side
- Side Facing Wide Leg Forward Fold
- Namaste Front Facing Forward Fold
- Twisting Triangle to the Right
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- Triangle Pose Left Side
- Side Facing Wide Leg Forward Fold (with a bind)
- Namaste Front Facing Forward Fold
- Twisting Triangle to the Left
- Chaturanga
- Upward Facing Dog
- Downward Facing Dog
- High Plank
- Lower to the Floor

**IGNITING**

- Locust Pose (x2)
- Bow Pose (x2)
- Upward Facing Dog
- Downward Facing Dog
- Camel Pose (x2)
- Bridge Pose
- Wheel Pose (x6)
- Supta Baddha Konasana
- Happy Baby Pose

**IGNITING**



**STABILITY**

**STABILITY**  
Scissor Legs  
60/30 Lift  
Bicycle Pose (x 50)  
Boat Pose

**OPENING**

**OPENING**  
Half Pigeon Pose Right Side  
Half Pigeon Pose Left Side  
Double Pigeon Pose Right Side  
Double Pigeon Pose Left Side  
Frog Pose

**RELEASE**

**RELEASE**  
Seated Single Leg Extension Right Side  
Seated Single Leg Extension Left Side  
Seated Forward Fold  
Reverse Tabletop / Reverse Plank  
Fish Pose

**REJUVENATION**

**REJUVENATION**  
Headstand/ Shoulder Stand  
Option for Waterfall  
Plow Pose  
Karnapidasana

**DEEP REST**

**DEEP REST**  
Supine Twist Right Side  
Supine Twist Left Side  
Supta Baddha Konasana  
Savasana  
Roll to your side  
Come to a seat  
Hands to heart center  
3 Oms





## JIP Timing Guide

<b>60 min class starting at</b>	<b>:00</b>	<b>:30</b>
<i>Pre-Class Announcements</i> (-2)	:58 - :00	:28 - :30
Integration (3)	:00 - :03	:30 - :33
Awakening (7)	:03 - :10	:33 - :40
Vitality (5)	:10 - :15	:40 - :45
Equanimity (5)	:15 - :20	:45 - :50
Grounding (4)	:20 - :24	:50 - :54
Igniting (7)	:24 - :31	:54 - :01
Stability (3)	:31 - :34	:01 - :04
Opening (8)	:34 - :42	:04 - :12
Release (5)	:42 - :47	:12 - :17
Rejuvenation (4)	:47 - :51	:17 - :21
Deep Rest (7)	:51 - :58	:21 - :28
<i>Oms &amp; Announcements</i> (2)	:58 - :00	:28 - :30



	Integrity	Service	Joy
	<p><b>Class Foundation</b></p> <ul style="list-style-type: none"> <li>• Journey into Power flow</li> <li>• Timing of the series</li> <li>• Start &amp; end class on time</li> <li>• Point to point cues</li> <li>• True North Alignment</li> <li>• Assisting</li> </ul>	<p><b>Expression</b></p> <ul style="list-style-type: none"> <li>• Body language (Teaching from Tadasana)</li> <li>• Volume &amp; tone of voice</li> <li>• Presence</li> <li>• Moving around the space</li> <li>• Eye contact</li> <li>• Clear &amp; essential language</li> </ul>	<p><b>Beyond Physicality</b></p> <ul style="list-style-type: none"> <li>• Sharing personally</li> <li>• Teaching to full expression</li> <li>• Teaching to possibility</li> <li>• Expression of the Elements               <ul style="list-style-type: none"> <li>◦ Earth, Fire, Water, Air, Space</li> </ul> </li> </ul>
3	JIP flow is completely memorized with seamless transitions, pacing of flow is timed to appropriate breath patterns, series timing and arch of class is spot on, cues are consistently clear and powerful, starts and ends class right on time. Many assists of impactful quality.	Body language is fully engaged. Teaches from Tadasana, volume is strong, tone is natural and varied. Teacher is fully present and attentive to the room, moves dynamically around the space, consistently makes meaningful eye contact, and uses clear and essential language.	Regularly shares personal stories/experiences that enrich the class. Guides students to express themselves fully, and consistently teaches to new potential and possibility, both mental & physical. Teaches using the qualities of the elements.
2	Has a good grasp of the flow with a few hesitations, timing is mostly good, cues are generally clear, and starts and ends class within 5 minutes of scheduled time. Assists are minimal and of average quality.	Body language is open but could be more engaging, teaches from Tadasana sometimes, tone is varied and mostly appropriate, is present with minor distractions, moves around with purpose but occasionally too much or too little, and makes occasional eye contact with some students.	Sometimes shares personal stories, encourages students to go beyond just the physical, and occasionally challenges them to explore new possibilities.
1	Struggles with JIP, misses poses or calls poses out of order, timing is too slow or too fast, cues are unclear, does not start or end class on scheduled time. Minimal assists with subpar quality.	Body language is closed off. Does not teach from Tadasana. Volume is missing. Tone is flat or unnatural, seems distracted, barely moves around or moves too much. Makes little to no eye contact. Seems disconnected from space and students	Doesn't share personally or from I. Only calls poses, minimal point-to-point cues, doesn't teach students to possibility or full self expression.