

Congratulations! You have converted the member after a **GRAND** experience class. Now you have to make sure the member reaches the goal they came for. How can we do that ?

With the **E-SUPER** strategy. But the core of this strategy is CARE and Infectious energy. :) So, your energy needs to be infectious and you need to care for the USER's health like a MOTHER.

**And this is outside of the 3 tests that is supposed to be taken every week: Strength, Flexibility and lung capacity.**

## Class 0: E = Evaluation class

Introduction:

Why is this evaluation important?

The evaluation class is supposed to allow the coach and the user to get to know each other. And for the coach to understand what is the current health status of the user as well. This will allow the coach to create a better plan for the user and the user will also get a better understanding of their own health.

## TRIPLE H model.

Health Conditions, Health tests, Homework

### **H: Any Health conditions we should be aware of ?**

#### **H: Health tests**

1. Flexibility test : Paschimottanasana test.

**How to conduct :** [https://youtu.be/y3A3n56Ep\\_s](https://youtu.be/y3A3n56Ep_s)

2. Breathing test: Hold your breath

**How to conduct :** <https://youtu.be/vplOugKyGWs>

3. Balance test: Test your muscular and bone strength.

**How to conduct :** <https://www.youtube.com/watch?v=PE4bJCWozkQ>

4. Strength test : Plank/Navasana

How to do : <https://www.youtube.com/watch?v=-g1bHNVysWo>

5. Sleep test:

How many minutes do you need to fall asleep? (Tell us to the best of your ability)

Do you wake up well rested and relaxed?

How many times do you wake up in the night?

How many hours of sleep do you get in a day on an average?

Do you have

6. Mobility: <https://youtu.be/S0EIMnZ46i0>

7. Endurance test: How many Suryanamaskars can you do in a minute?

[https://www.youtube.com/watch?v=luD\\_R\\_25Ce0&ab\\_channel=SARVA](https://www.youtube.com/watch?v=luD_R_25Ce0&ab_channel=SARVA)

8. Focus with Tratak :

[https://www.youtube.com/watch?v=TmvVeuANfjY&ab\\_channel=4KRelaxation](https://www.youtube.com/watch?v=TmvVeuANfjY&ab_channel=4KRelaxation)

Spiral Tratak

[https://docs.google.com/presentation/d/1O1bqXvRiBPfFaNCz32OWRuXIV3\\_j-fUeJfWQa8K4hdIM/edit#slide=id.p](https://docs.google.com/presentation/d/1O1bqXvRiBPfFaNCz32OWRuXIV3_j-fUeJfWQa8K4hdIM/edit#slide=id.p)

## **H: Homework**

5 Minute Movement 2k steps, 5 minute breathing, 5 minute meditation.

Which clothes do you want to fit into

Weight in kgs?

स्वयं का आत्मविश्वास	उन्नति	पुरस्कार	उत्साह	दोबारा
<b>S</b>	<b>U</b>	<b>P</b>	<b>E</b>	<b>R</b>
<b>Self confidence</b>	<b>Upgrade</b>	<b>Prize</b>	<b>Excitement</b>	<b>Re-do.</b>

1 playlist Link (SARVA CARES) :

[https://www.youtube.com/watch?v=WQsSMxmvLJo&list=PLYpnE6QSSoOvEw56BJ1346Gm7RvsQBo ug&ab\\_channel=SARVA](https://www.youtube.com/watch?v=WQsSMxmvLJo&list=PLYpnE6QSSoOvEw56BJ1346Gm7RvsQBo ug&ab_channel=SARVA)

<b>SARVA cares</b>	
Sleep story	A full moon's night in the Rann of Kutch
Face yoga	Face Yoga to manage stress
Wake up with yoga	Wake-up yoga in bed
Pranayama	Abdominal breathing
Gratitude for body	Gratitude meditation for the body

## **S** : Self - Confidence

<p>Step 1: Positive visualisation for self confidence</p>	<p>Start the class with a simple visualisation of success. Cricketers, footballers, Olympic medallists use this method. Treat every member as an athlete, they will feel proud and confident.</p> <p>Example 1 : Visualisation: Imagine the three things you want to achieve in this practice. Now imagine you already have them. How do you feel ?</p> <div data-bbox="443 1209 1152 1854" data-label="Image"> </div>
<p>Step 2 : Appreciation for self</p>	<p>Don't you feel great when someone says Good Job ?</p>

confidence



Point out places where they have been successful. These small comments of motivation will make them feel like they are making progress.



Example : Even if they are unable to complete a pose, say,  
“Wow, that’s great effort”  
“You are doing so well that I don’t think you are a beginner”  
“I was not expecting you to do 15 reps”

App : Give them the playlist from the app that they need to practice for the next 5 days and update you everyday on how they felt. The playlist will feature meditation and simple exercises for their sleep, skin, emotional health and so on.

## U : Upgrade (Face)

Upgrade

**2nd class is always a Prop class! Sculpt/Danda/Belt/Brick**

	<p>Upgrade the experience of the user by making it a fun class. They enjoyed the last class, making it 5% more difficult for them to achieve their goal today. Teach them a new skill based on their goal which they can do when you are not with them. This should be something simple, and less time consuming. Help them understand how today's class is going to make them better. Explain exactly what is happening inside their bodies.</p> <p>Upgrade Example :Using props will add more value to their class and they will feel like they learned something new.</p> <p>Ask them about the playlist you had told them to listen to?</p>
--	---

**P : Prize (Eye)**

<p>Prize,</p>	<p>Prize = Reward. Start the class with a reward. Either tell the member that you're doing today's class for a reward or tell them that you can immediately have a reward and then start the class. Either way, instant happiness.</p> <p>Example: "You worked hard today, you should eat a small chocolate and celebrate"</p> <div data-bbox="502 1288 1372 1742" data-label="Image"> </div> <p>So, to keep the motivation up. Ask them about the playlist you had told them to listen to?</p>
---------------	---

## **E:** Excitement

Excitement	<p>Make the class exciting by giving very interesting yoga tips.</p> <p>Give them some exciting assignments.</p> <p>Example : If their goal is weight loss, teach them to do Anulom Vilom Pranayam (12 rounds) to balance their metabolism which will make their weight loss faster.</p> <p>They can teach this exercise to others in their house also. Like, for children, it's very good for their sleep.</p> <p>Ask them about the playlist you had told them to listen to?</p>
------------	--

## **R:** Re-do (Prop class)

Re-do the prop class	<p><b><u>5th class is always a Prop class! Sculpt/Danda/Belt/Brick</u></b></p> <p>Re- do the prop class for fun.</p> <p>Remind them about their success. We began the experience with a successful class. And we should end a series with success as well. Transformation pictures. Inspirational videos, remind them what they will miss if they aren't a part of the system anymore.</p> <p>Ask them about the playlist you had told them to listen to?</p>
----------------------	---