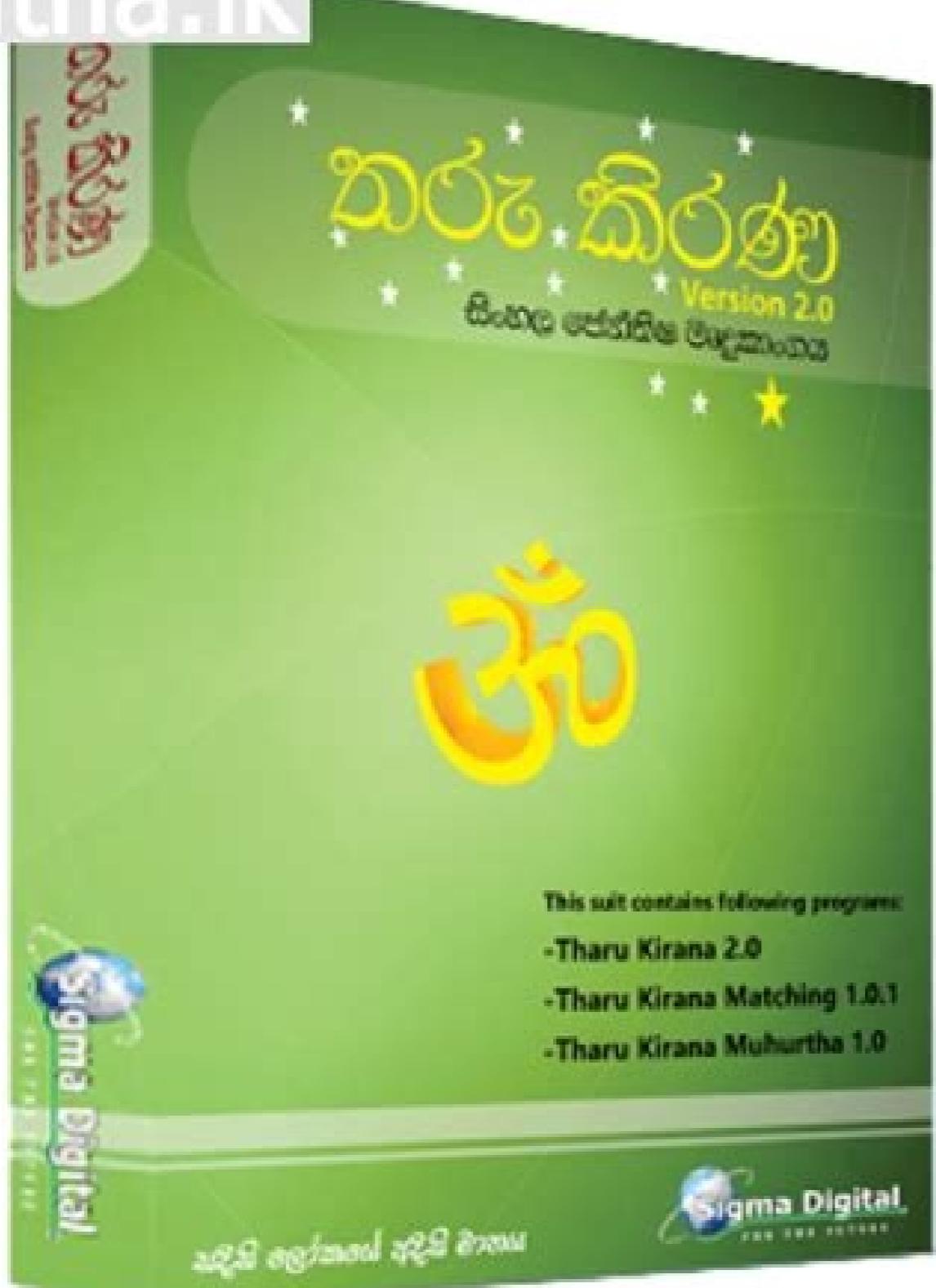


I'm not a robot!



Sun Salutation B yoga sequence



ekhartyoga.com

Speeches of Introduction: Practicing University - 2 Minutes Max - Do not exceed 2 minutes!

Objectives

1. To develop introductory skills, and include personality.
2. To practice and observe speeches of introduction.
3. To practice and observe speeches of introduction.
4. To practice and observe speeches of introduction.
5. To practice using a visual aid.

Introduction

The class will divide into duos and prepare, organize, and deliver speeches of introduction that are 2 minutes in length. The goal is to introduce one of your classmates in our class. To help us better understand our classmates you will also introduce yourself and your partner by reading a short bio in your speech.

Gathering the Information: An Interview

You will be given time to interview your partner about their life. You will ask them questions about their hobbies, interests, and personality. Then you will take the feedback home and develop an interview schedule like the sample on the reverse side of this handout to interview a classroom in order to reduce anxiety.

You will interview your classroom and be interviewed by your classroom in the next class and introduce each individual on another day. The purpose of the interview is to find out particular and interesting information about that individual so that you can use that information to make your speech more interesting. You will also be asked to introduce each person who will be introducing each other in the class, finding out about your partner's hometown, major field of study, hobbies and interests, and anything else you would like to know about your partner. This will help you better understand your partner and their personality. After the interview, you will write the feedback home and develop an interview schedule like the sample on the reverse side of this handout to interview a classroom in order to reduce anxiety.

You will interview your classroom and be interviewed by your classroom in the next class and introduce each individual on another day. You will also include a Visual Aid in your introduction. This will be a drawing, painting, collage, stick figure, or anything else you like to do to fit your own information and questions.

Sample Interview Schedule and Template

The class will divide into duos and prepare, organize, and deliver speeches of introduction that are 2 minutes in length. The goal is to introduce one of your classmates in our class. To help us better understand our classmates you will also introduce yourself and your partner by reading a short bio in your speech.

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Organizing the Information

After the interviews are complete, organize your information from the particular person, major, hometown, etc.) to make your speech more interesting. You will also include a visual aid in your speech. This will be a drawing, painting, collage, stick figure, or anything else you like to do to fit your own information and questions.

Visual Aid

You will add your own ideas in depending on your creativity and how much fun you want to have with this. You can use a drawing, a collage, a painting, a pastel, or anything that you feel will visually represent the person you are interviewing.

Delivering the Speeches of Introduction

As you practice your delivery, remember that you are asking your classmates to give an welcome, the uniqueness of your partner, and the information you gathered from your interview.

Remember to include that person's name in your opening and closing remarks. You will receive a handout to help you with your delivery.

After the speeches are delivered, you will receive a handout to evaluate the speeches of introduction.

Feedback and Evaluation

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पदानि	अथाः
क.	= पश्यामि
ख.	= कल्याणम्
ग.	= नवनम्
घ.	= वैरी
ङ.	= समक्षम्
च.	= गिरयः
ङ.	= अस्माकम्
ज.	= जलानि
झ.	= परिचितः
ञ.	= निशायाम्

Yoga mudra

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