

FINAL VIDEO SUBMISSION

Hey Rockstar - Lets get you certified!

NOTE: Be very sure your video includes the following. We get a lot of submissions that we have to send back for a re-do, when you could avoid this by going through this list before sending!

Faster for you - and for us.

We thank you!

Your video should include the following:

A) An introduction of the mini Shred class where you clearly present your **class theme** and mention the **general physical benefits of the Shreds you chose that align with your theme.**

Example: *"Today is all about kicking away what doesn't serve you, and sometimes you can't be too nice about it. You have to be fierce about it! Knowing when to be both is a dance, and today we will move in and out of these two different energies. We will also bring in some literal kicks to shape and strengthen your lower body, glutes -- and rock your cardio too."*

B) 3 different Shreds using the Tabata timing. This is 20 seconds activity / 10 seconds rest for 4-8 rounds. **Remember to use the 10 seconds of "rest" in between each round for counter stretches** for the Shred you did--not just walking in place between each one. Show that you know how to counter-stretch the actual Shred.

C) Show EACH Shred move to the "class" before beginning. Make sure you **give options/alternatives/modifications** in case it's too hard for someone or too heavy on the hands, etc.

Example: *"You're about to move into Down Dog Kicks (**show it, explain the move**) —but if this is too intense for you today, or at any time, you can do it on hands and knees (show) or even forearms down (show). Choose your variation—and let's begin!*

D) Directions during the 20 second activity sections. Avoid just saying "let's go! kick!" every time. Use your Yoga Shred® Wheel to remember what to focus on in each 20-minute round.

Example: *"Show beginner modification / focus on breath / show next level variation / breath focus / talk about kicking away old, bad habits & energy / try a super adventure variation or go faster if you can / dedicate—you can do it! "*

E) Include a 1 minute or so longer counter-stretch pose in-between each 4-minute Shred. This does not have to be exactly one minute, but keep it short. And make sure you counter stretch the area you just worked.

We do not need to see you take a lot of time in the beginning or end, and this is not a sequenced class as you would regularly teach. We want to see if you know how to teach Shreds and counter-stretches effectively. Keep it tight!

After filming - make sure you included all of this in your class and then get ready for the next step - UPLOAD!

You will receive personal feedback and loving support from one of our master trainers within 30 days.

- We can't wait to get you certified!

Sadie & Karin