

THE MORE YOU KNOW



An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Michael

The patron saint for Module 7 is St. Michael. He is the defender and protector from evil. Whether we invoke the protection of St. Michael for ourselves or for loved ones, we can take comfort in knowing God uses His angels to watch over us. Pope Francis said, "On the journey and in the trials of life we are not alone, we are accompanied and sustained by the Angels of God, who offer, so to speak, their wings to help us overcome the many dangers, to be able to fly above those realities that can make our lives difficult or drag us down."



OVERVIEW:

- P-FIT Patron
- Posture Conferences
- Posture Conference Info

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

Arrive prepared to the next meeting in the Zoom Classroom with Module 7 completed. Have you completed the appropriate practicing teaching? Daily Meditation? Do you have points to discuss from the Catechism Course? Have you been practicing Pietra Fitness? Logs?

Posture Evaluations

Your opportunity to grow and improve your skills

You are coming up on your first Posture Evaluation. We understand it can be a little scary for a couple of reasons: you are not sure what to expect, and it is a test of what you know about the poses. Tests are always nerve-wracking, so we would like to offer you some tips to help you through it:

Just for you: Try to keep in mind that the Posture Evaluations are for you. In order to be the best instructor you can be, it is important that you are knowledgeable about the poses and that you are able to do the poses with good form. Good form does not mean you must be the most flexible person. It just means that your form is good according to your own body - that your alignment does not put your body at risk for injury.

Your students will be watching and mimicking you, so if you are not in good alignment, they probably will not be either. Sometimes people see the girl in the first pose to the right, and think an instructor should look like this. That is absolutely not true. Not everyone will reach that level of flexibility, and you don't have to. Just because you are flexible does not make you a good teacher. While we all strive for flexibility because we need it to maintain joint and total body health, there is no health benefit to being that flexible; it just means you need to work harder to feel something.

The second picture shows poor form. It can cause massive stress on the back and issues down the road. Notice the girl in the last picture. She is in alignment, she's safe, and she looks good and professional. Strive to be in good alignment no matter what level of flexibility you have.



Posture Evaluation Info

The Evaluations will cover the current Module's poses only (review your Coursework Sheet).

Each participant will be asked to cue one or more postures and then be prepared to answer a few questions regarding the pose. Questions like what is being stretched? Strengthened? What modification or variation could be used?

Each pose in your PFIT Manual highlights the important items you should know about the pose. There are no "trick" questions.

Review this information and practice cueing these poses as a way to prepare for the assessment.

The Posture Evaluations are a chance to have personal and intentional time with PRO Instructors who will offer constructive feedback, answer your questions and help you continue to develop your Instructor Voice.

Know the pose names!

Posture Evaluations cont.

Your opportunity to grow and improve your skills, cont...

Every person is different and will look different in any given pose. Your ability to be an effective instructor depends on your ability to provide clear guidance and individual cues to help students with limitations. These conferences are here to help you to achieve that level of competency.

Preparation: Make sure you are prepared by studying, practice teaching, and doing the classes yourself. Practice each pose as much as possible, spending time in the pose to see where you feel the stretch and looking at your alignment in a mirror if possible. This will help you to get to know the poses better and to have a good idea of how you feel and look in it. Cueing for how you feel in the pose is a great starting point for efficient cueing (You will learn in a later module about cueing by what you observe.). Try talking yourself into the pose a few times until you feel more comfortable, and then practice teach a good friend or family member. See what cues work for them and what is not so clear. You will be surprised at how you start to feel more comfortable with it.

Know the pose names: There will be a quiz before the actual posture conference where you will be expected to know the

names of the poses. Knowing the names of the poses is very important. It can be especially difficult for those with a yoga background because you will have to unlearn names and relearn the new names. But, in order for us to be a viable alternative, it is crucial that instructors always call the poses by the appropriate name in Pietra Fitness.

Stay Open: We may give you some verbal cues to help you to get in better alignment. Please do not take this as criticism, but rather as constructive feedback. It is our responsibility to provide this to you so that you can learn your craft well. Learning to respond well will make you a better student while in training and a more professional instructor. This is your chance to grow and improve your skills. Please take what you hear and apply it to your practice. We want the best for you and care about your safety and those of your participants.

Ask for the intercession of the patron saint of that module: Every module in the P-FIT study guide has specifically been given over to a Saint for him or her to intercede for us while we study. According to the Catechism of the Catholic Church, 2683: 'The witnesses who have preceded us into the kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the

transmission of their writings, and their prayer today. They contemplate God, praise him and constantly care for those whom they have left on earth. When they entered into the joy of their Master, they were "put in charge of many things. "Their intercession is their most exalted service to God's plan. We can and should ask them to intercede for us and for the whole world.'

These Saints want nothing more than to pray for us when we ask of them. While they contemplate and love God in Heaven they want to help us get closer to God. We should not be afraid to ask for their assistance!

Look at your study guide. What Saint is the Saint of your current module? Invite this Saint in to your studies. Every time you start studying or practicing say the prayer to the Saint at the beginning. In addition, if you are able, read a short article on this Saint. Ask this Saint for ways to help you get to know him/her. Finding out about the Saints' lives allows us to not only become more acquainted but also encourages us to become more like them in our own lives. We may not have the ability to spend hours in prayer but what about their outlook could help us grow closer to our God? We can all learn from these holy men and women and they will help you to complete each module!