

Exams Without Fear

Workshop and Class Proposal



With Elisabeth Pomès

Serenity & Strength Yoga Workshops



CLASS SERIES OUTLINE

EXAMS WITHOUT FEAR

With Elisabeth Pomès



Class 1: Exam Anxiety - Definition and Options

- How do your nerves manifest themselves?
- Introduction to concepts: Self 1/Self 2
- Performance = Potential minus interference
- How to concentrate: exercises for concentration on an object/task

Class 2: Breaking the Anxiety Circle - Stress-relieving Exercises

- Chair Yoga - exercises that can be done anytime, anywhere
- Feldenkrais
- Tai Chi

Class 3: Posture and Alignment

- Sitting posture: how to sit properly for maximum comfort and efficiency
- Standing posture: how to stand properly for maximum energy and empowerment

Each student will receive a personal assessment of his/her posture and will be given exercises individually designed to correct any problems.

Class 4: Serenity and Strength - The Power of the Breath

This class is designed around breathing exercises borrowed from the yoga tradition. Each exercise is aimed at quieting the mind, releasing tension and finding the quiet place within where everything becomes possible.

Class 5: Reprogramming Your Mind - Being Your Best Ally

- The art of relaxed concentration
- How to deal with negative chatter
- High Performance imagery

Class 6: Visualizing Success

- Tips on preparation for exams
- Visualization exercise with a tape
- Quest for dignity and self-appreciation



WORKSHOP OUTLINE

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Introduction:

- Overview of concepts
- The inner game of taking an exam: Self 1/self 2
- Performance = potential minus interference

Part I: Breaking the Anxiety Circle - Releasing Tension

1. Tension Relieving exercises (Feldenkrais, Tai Chi, Yoga)
2. Stretching Exercises (Yoga)
3. Alignment (how to sit or stand properly for maximum energy and efficiency)

Part II: Serenity - Accessing the Inner Quiet

1. Breathing exercises
2. How to get centered and self-confident
3. Relaxation exercise (with a tape)

Part III: Strength - Energy and the Art of Relaxed Concentration

1. Learning to concentrate
2. Bringing energy into the body
 - tap away fatigue
 - invigorating breathing exercises
 - yoga standing postures

Part IV: Reprogramming the Mind - Believing in Oneself

1. Quest for dignity and self-appreciation
 - dealing with negative chatter
 - special techniques to empower the self
 - focusing on the positive
2. High Performance imagery
3. Visualizing success at an exam and in life