

Day 10- Basic Principles for Teaching a Yoga Class

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1. Begin with teaching the breath, breath in each asana, as well as transitional movement, breath in yin poses, establish the Ujjayi Pranayama Breath, establish a Drishti, and an intention for the day's practice.
2. Keep it simple- It is not important to use Sanskrit if you do not feel comfortable. Keep the instruction of body movement simple and crisp and clear. Teach from what you know, no need to jump ahead.
3. *Inhales*- extend, lengthen and cues are on *upward movements*.
4. *Exhales* deepen, soften and are used on *downward movements*.
5. When cueing your students use the order of: Breath --- Movement---- Drishti.
6. Plan your playlist according to vibe/ style of the class or the sequence of the class. Avoid music that can be jarring, disturbing, unethical or insulting to your students. Class can also be taught without music as well. In this case students focus more on the breath- it becomes their music of the moment.
7. Create a non-judgmental space.
8. Come to the class 15 minutes early to create your own personal peaceful environment- teach as if nothing else matters in the world, but the present moment. Teaching is an act of love and requires patience. Allow yourself to cultivate knowledge and not rush the process. This is journey to be savored not hurried along.
9. You do not need to be everything to every student. Teach the style that feels most comfortable to you and the students will flock to you- because it is you who is the teacher, not your sequence.
10. When teaching a class- transition from Integration series- to- Sun Salutations- to- Warrior series- - to-Balancing series- to- Triangle series- to- Back-bending series- to- Abdominal series- to - Inversion series- to - Hip opening- Forward Bending series- to giving in to gravity- to deep rest. In this manner the body opens up gradually and can accept the flow with ease.