

All in a day of teaching.....

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- Meeting new students
- Guidance
- Inspiration
- Compassion
- Communication
- Adjustments
- Adaptability
- Setting the mood with music and lighting
- Encouragement
- Teaching Audible Ujjayi Breath
- Greeting students
- Creating theme based classes
- Following sequences
- Empathic listening skills
- Chanting
- Setting foundations
- Sun salutations
- Assisting
- Yamas & Niyamas
- Yoga Sutras
- Breath
- Movement
- Drishti
- Meditation
- Smiles galore