

## Teaching Yoga: Awareness of Breath in Yoga Class

Awareness of Breath in Yoga Class- During my Teacher Training with Jonny Kest, I learned about the Awareness of body/ breath/ posture/ cues. Here are some important ideas to consider...they were passed on to me and I incorporate them daily in the classes that I teach and take....

Words to settle the student in the beginning integration series:

- Ground yourself in the moment of now- present moment
- Close your eyes
- Observe body from the inside-- out
- Ground yourself in the here and now
- Notice the right and left sides of the body
- Touch the back body with your breath
- Inhale to the edge of your breath
- Exhale to the edge- feel hollow inside

For example : “ Come into child’s pose- come into your breath- fill your lungs up completely from top to bottom- feel expansion from the lower lungs and back of the chest, sink into the earth- feel how your breath links your body to all movements from this time forward. “

Stand or sit close to the students and connect with them because of your proximity to their bodies.

Elements that correspond to Yoga Teaching Cues- Shared by Jonny Kest

Movement/ AIR

Weight/ EARTH

Temperature/FIRE

Perspiration and Dryness/ Water

Verbal Cues:

Clear and simple language

Speak in a normal voice

Encourage students to keep eyes closed or focus on Drishti

Give corrections and feedback to the group avoid singling out a student

Introduce an educational component to each class

Teach the students not to the poses

“ Notice if there is a change in your breath”- JK

“Appreciate the moment without competing or comparing”- JK

“Observe the changes in your body... are you tensing your shoulders around your ears”-JK

“This is weight bearing posture”- JK

“Use breath and posture to change old habit patterns”- JK

“Close your eyes, go within, try to see your practice from the inside out”- BR