

Creating Your Own Theme: Worksheet

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By setting up meaningful metaphors, you can reduce the student's anxiety and apprehension about taking a yoga class. This theme concept can provide a means for students to surrender and "let go" during the asana practice. Themes can come from many sources of inspiration in your life such as : meaningful quotes or articles, The Yams and Niymas, The Yoga Sutras, the bible, poetry ,life experiences, observations in nature, personal intensions or life choices. Create 4 themes for your upcoming classes.