

Skillful Means with the Voice- Communication

1. High tones vs Low Tones- meet in the middle with voice.
2. Clarity- use short, precise instructions.
3. Confidence- knowledge of the pose so well that you can make it accessible to all levels.
4. Compassion- adjust with kindness, understand and know of students' injuries.
5. Command language- keep instructions simple.
6. Teach only what you have experienced and know.
7. Be kind- let people rest when they need to.
8. Listen. Focus when a student talks to you. Each student comes to learn, as well as to teach us something. Do not miss out on the opportunity to learn from your students.
9. Teach students, not poses.