

The Art of Teaching Yoga

Part I

- Teacher vs. Instructor
- Who the teacher is
- What, how and why we teach
- Teaching as an art of the soul/consciousness
- Teaching as a service to the souls/consciousness
- Creativity in teaching Yoga
- Teaching as a selfless act
- Teaching is to inspire one to ...
- Working with unique students
- Working with unique poses
- Respecting what is stopping the student
- Alignment vs misalignment – benefits of both
- Protecting the joints
- Protecting the muscles
- Purpose in selected poses

Part II

- Yoga is ...
- Allowing for inner experience
- Mindfulness in poses
- Awareness of body
- Awareness of energy
- Awareness of the Spirit
- Stillness in poses
- Purpose of assisting in poses
- Assisting: contact, verbal cues, demo
- Prompting vs. letting
- Leading, following or guiding
- Being part of the journey
- The most important is that ... (discussion)