

Principles and Wisdom of Teaching

Yoga and Yoga Related Programs

Free seminar on business and non-business aspects of being a teacher, of teaching, and of engaging your students in participation in your classes, to allow you to continue extending your knowledge, skills, wisdom, and passion for the benefit of others and for your own.

A. Logistical and Organizational Aspects

1. Format:

- a. Classes*
- b. Courses*
- c. Programs*
- d. Retreats*
- e. Special Subject Gatherings*

2. Where to Teach:

- a. Studio – in-person*
- b. Online*
- c. Studio – Hybrid: in-person and online*
- d. Outdoor*
- e. Background Teaching (using recorded lessons)*

3. Attracting Your Students and Overcoming Students' Difficulties:

- a. Generosity*
- b. Material*
- c. Schedule and Duration*
- d. Cost – Scholarships – Payment Plans*
- e. The Teacher*

B. Content Aspects

1. Yoga Asana Classes:

- a. Special Focus*
- b. Levels of Engagement or Not*
- c. Depth of Asanas*
- d. Purpose*
- e. Mystical Experiences*

2. Courses, Programs, and Retreats

- a. Other Than Asana Aspects of Yoga*
- b. Certification Courses*
- c. Continuing Education Courses*
- d. Advanced Programs*
- e. Retreats*

C. Developing the Teachings

1. Theme for Asana Class (Yin and Yang)

- a. Physical vs. Spiritual*
- b. Creative Flow*
- c. Self-Discovery*
- d. Specific Lifestyle Theme*
- e. No Theme – As it Comes*

2. Lecture Type Teachings:

- a. Gathering the Material – Becoming a Student*
- b. Planning the Course Sessions*
- c. Scheduling*
- d. Session Notes or Manual*
- e. Testing or Quizzes*

D. Following Ethics and Teacher's Responsibilities

- 1. Ahimsa in Physical, Psychological, and Spiritual Aspects***
- 2. Role of Respect and Compassion***
- 3. Continuing Education – Continuing the Becoming (a Teacher)***

Duration: 90 min