

10 Ways to Work Through Imposter Syndrome as a Yoga Instructor



1. Share it out loud with a loved one

Saying it out loud gets it out of your head; being vulnerable this way can change your mind.

2. Regulate your nervous system with Yoga Nidra

Practice Yoga nidra weekly to help you learn how to relax quickly and deeply before you teach.



3. Teach a family/friend as soon as you can

Practice teach your family or friends as much as they will allow you to for as long as they will allow you to.



TIP: Record the audio of one of these sessions on your phone. Next time you go to practice use the audio and take your class! **YOU GOT THIS!!!**



4. Create and share the same sequence

Share the same sequence until you are aware of yourself feeling comfortable teaching it. You will master teaching what you know!



5. Take the classes of the style you want to teach

It's about how you feel while taking the class. Investigate and inquire: how do you want people to feel leaving your class and does this style support that?

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6. Start subbing at the studio you practice at

It's a familiar space where you can be yourself. Ask to be put on the sub list first.

7. Don't forget you were once a practitioner too

Remember how your teachers made you feel comfortable in class? Pay it forward. Make the class about them!



8. Connect with your community before and after

You will be surprised how people see you, and they'll love telling you why they love and why they love your classes! Free confidence boost!

9. Study the limbs of yoga that really speak to you.

People will remember you for what you share especially what is dear to you. Blend story and movement. People will feel connected to you.

10. Allow the practice to truly heal things for you.

Yoga is in your life for a reason. It's a calling. The more it heals you, the more you'll want to share it!

"This is why I don't believe the answer is,
BELIEVE IN YOURSELF.

Sometimes we have to understand what happened to our **confidence** before we can rebuild it"

Relax With Pat