



## Create a Safe Space: An Inspirational Guidebook for Yoga Teachers Who Want to Further Serve Their Students

By Gudjon Bergmann

Createspace, United States, 2012. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This valuable guidebook is intended for yoga teachers. The author is an experienced yoga educator (E-RYT 500). He ran his own yoga studio for five years, has taught well over 6000 yoga classes, and trained 80 yoga teachers. The guidebook is practical and explains how yoga teachers can create a safe space for their students and how both the students and teacher can prosper and grow. Topics include clear boundaries between teachers and students, personal practice, teaching philosophy, time management, self-confidence, the myth of the yoga voice, marketing, boredom, using prior experience, encouraging growth and questioning, ethics and more, all the time drawing on the author's years of experience and his interactions with his yoga teacher trainees through the years. The book is not written for any specific style, branch or brand of yoga, but for all yoga teachers, regardless of their affiliations and background.



**READ ONLINE**  
[ 1.46 MB ]

### Reviews

*This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.*

-- **Dr. Malika Bechtelar II**

*This ebook might be worthy of a read, and superior to other. It usually does not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Arch Upton**

## You May Also Like



### **Your Premature Baby The First Five Years by Nikki Bradford 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



### **Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### **Letters to Grant Volume 2: Volume 2 Addresses a Kaleidoscope of Stories That Primarily, But Not Exclusively, Occurred in the United States. It de**

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Volume 2 addresses a kaleidoscope of stories that primarily, but not exclusively, occurred in the United States. It describes in...



### **The Wolf Who Wanted to Change His Color My Little Picture Book**

Auzou. Paperback. Book Condition: New. Eleonore Thuillier (illustrator). Paperback. 32 pages. Dimensions: 8.2in. x 8.2in. x 0.3in.Mr. Wolf is in a very bad mood. This morning, he does not like his color anymore!He really wants to try another one, just to see...



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...