

THE WORKBOOK

C.H.A.R.T. MOVEMENT MASTERY:

SEQUENCING & EMPOWERMENT FOR YOGA TEACHERS



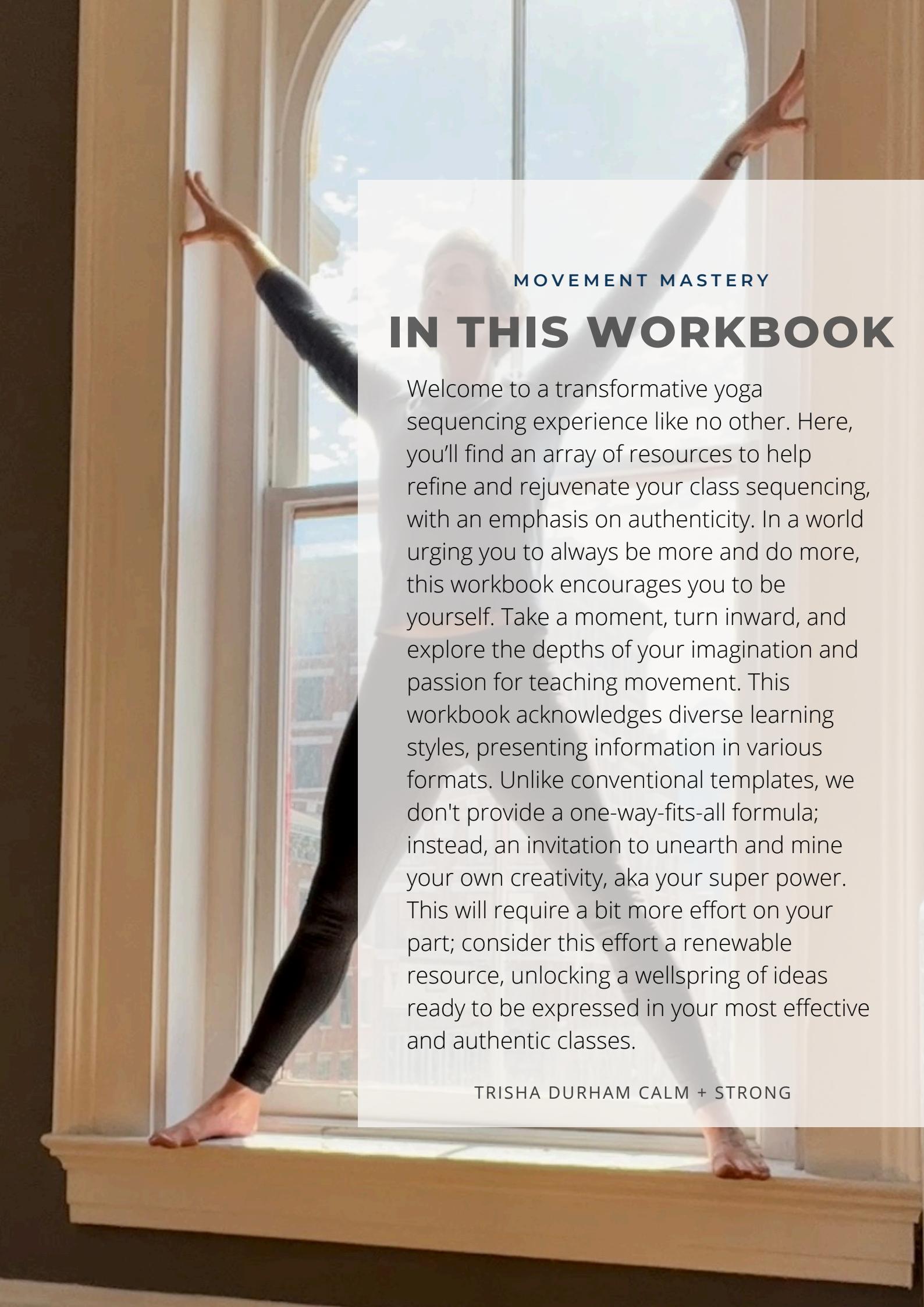
Calm + Strong

By: Trisha Durham

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MOVEMENT MASTERY

IN THIS WORKBOOK

Welcome to a transformative yoga sequencing experience like no other. Here, you'll find an array of resources to help refine and rejuvenate your class sequencing, with an emphasis on authenticity. In a world urging you to always be more and do more, this workbook encourages you to be yourself. Take a moment, turn inward, and explore the depths of your imagination and passion for teaching movement. This workbook acknowledges diverse learning styles, presenting information in various formats. Unlike conventional templates, we don't provide a one-way-fits-all formula; instead, an invitation to unearth and mine your own creativity, aka your super power. This will require a bit more effort on your part; consider this effort a renewable resource, unlocking a wellspring of ideas ready to be expressed in your most effective and authentic classes.

TRISHA DURHAM CALM + STRONG



How to use this workbook,

The best approach to using this workbook is not reading it cover to cover. Instead, start from the beginning, devoting your full attention to each section. Take the time to appreciate the intricacies within, pausing and digesting each segment slowly before progressing. Allow yourself the space to ponder, take notes, revisit, and re-read the parts that resonate deeply with you. In essence, embrace a mindful journey through the workbook, allowing its contents to unfold and resonate at your own pace.

Acting on
your creative
ideas is a
form of self-
love

C.H.A.R.T. METHOD

The CHART acronym serves as the guiding framework to the Movement Mastery workbook. It offers a comprehensive approach to teaching clear, creative and confident yoga.



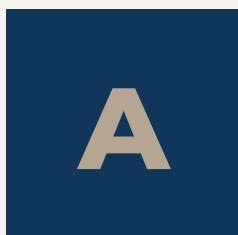
CLARITY FOCUS

Time to get clear. What are you about? Define your teaching focus and niche. Sync to your vision and values. Then go all in on it. Unapologetically. This makes creating a body of work a whole lot easier and cohesive.



HOLISTIC SEQUENCING

Chart your path. Adopt a comprehensive approach to sequencing your classes that reflects your style, your area of expertise, and the wants/needs of your students.



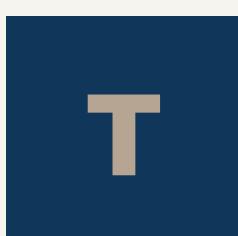
AUTHENTIC EMPHASIS

No one else is YOU and that is your super power. You don't need to find your voice. It's already in you. Own it, use it. Clap for your damn self. Practice humble confidence. This is an important piece to teaching great yoga classes that is often overlooked in YTT. Be yourself, so others know they can too.



REFLECT, REST AND REFINE

Identify trusted resources and support to sustain your work (and your heart) for the long term. Teaching yoga is not always easy or peaceful. When we get burned out it's often not just because we are overworked, but because we have lost our, "WHY?"



TEACHER/ING EMPOWERMENT

Words matter. Encourage your students to embrace their unique movement expressions over rigid alignment rules. Plug and play templates are out the window, so is toxic fitness culture. Be an advocate not a guru. Hold space for your people to trust their bodies' innate wisdom as they navigate their practice.

CLARITY CHECK

GET CRYSTAL CLEAR ABOUT WHO YOU WANT TO TEACH, AND CREATE AN ACTION PLAN THAT YOU'LL START IMPLEMENTING RIGHT AWAY.

KEY CONSIDERATIONS

1 WHAT'S UNIQUE TO YOUR TEACHING/OFFERING OR BUSINESS? WHAT STANDS OUT?

2 WHAT ARE YOU GOOD AT? AND WHAT DO YOU LIKE ABOUT YOUR OWN CLASSES?

3 WHAT'S DISTINCT ABOUT THE WAY YOU TEACH? IF YOU'RE NOT SURE, ASK YOUR PEOPLE.

4 WHAT'S YOUR VOICE/APPROACH - SERIOUS, FUNNY, EDUCATIONAL, ADVICE DRIVEN?

5 HOW DO OTHERS DESCRIBE YOUR CLASSES?

6 WHAT DO PEOPLE KNOW YOU FOR? WHAT ARE THE THEMES YOU TALK ABOUT OFTEN?

7 WHAT DO YOU WANT TO SHARE WITH THE WORLD?

8 WHAT SKILLS DO YOU WANT TO BUILD?



CLARITY CHECK

KEY CONSIDERATIONS

ANSWERS/NOTES

1

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AUTHENTIC PULSE

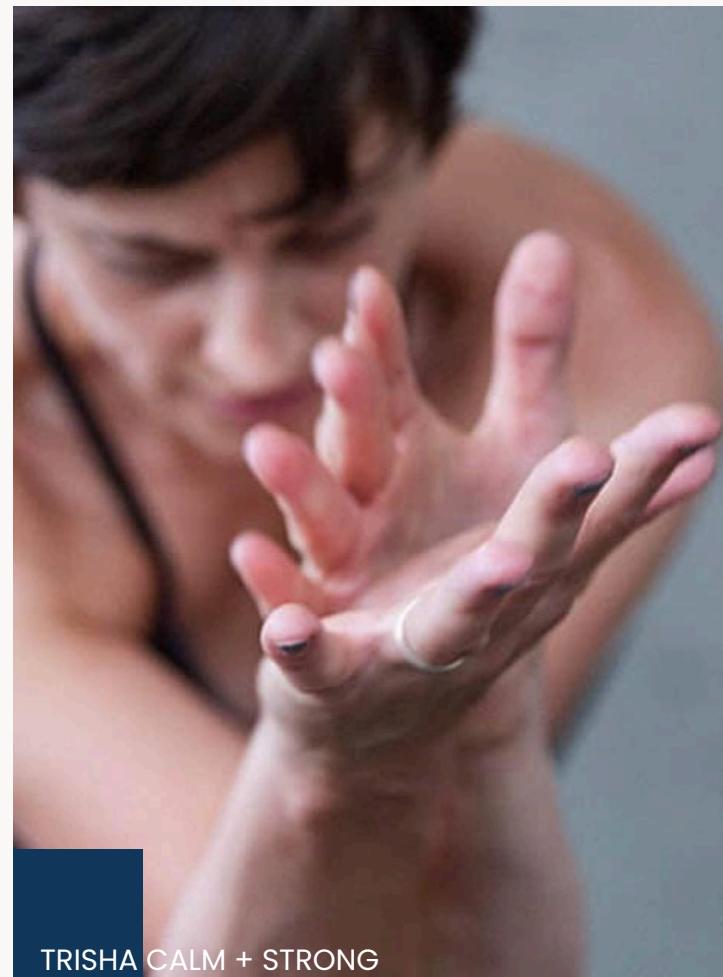
WHAT DO YOU WANT TO TEACH? WHAT DO PEOPLE NEED?

FIND THAT INTERSECTION AND LIVE THERE.

Struggling to find your niche? Try this:

What' are you' super interested in and can easily talk about in a variety of ways? AKA your coat of arms.

Make that your niche.



TRISHA CALM + STRONG

The Art of Teaching What Inspires You

Share your passion by instructing subjects that genuinely captivate you. This not only guards against burnout, but also lends an infectious enthusiasm to your students, fostering a more engaging learning environment. It's a real full circle vibe.

Had I adhered to all the yoga advice I've received, my teaching style today wouldn't reflect my authentic self. If I allowed studio managers and Groupon-waving students to dictate my approach, I'd be stuck teaching a generic vinyasa style found in every local studio. Following that path, I might have given up teaching altogether.

Orient yourself around a style that makes you feel the most like yourself.

You do not have to love everything about yoga. That's not realistic. Identify 1-3 things as a way to get started with this concept. It's not called, **Movement Mastery** by accident. This is unapologetically about physical movement - because that's what I am most passionate about. How's that for a meta example for you.



THE KEY TO CONFIDENT, CREATIVE TEACHING?

EXPAND YOUR MOVEMENT KNOWLEDGE

- Learn broader movement concepts rather than trademarked rule driven movement brands.
- **Study human movement beyond yoga.** Read and learn from people who provide the movement education you want.
- Ask questions. Use a critical analysis lens to study physical alignment rules in yoga. Ask, is this still true/relevant?
- You don't have to teach yoga the way you were taught in YTT.

- Consider the differences between exercise and movement.
- Vary the media you consume, be inspired by those in other disciplines.
- **Learn the history of exercise** in your country/culture. The good and the bad. **How has this shaped popular fitness culture?**
- Be willing to change your position when presented with new updated research. Just because it's always been taught a certain way doesn't mean it's right. Don't romanticize tradition.

Forget chasing more certifications or techniques. Dig into understanding how humans MOVE. Embrace simplicity. Guide people to move with intelligence, emphasizing efficiency over excessive effort – it's all about working smarter, not harder. This approach steers away from intricate choreography and elaborate transitions. While there's merit in those flows, it's crucial to acknowledge many people struggle with basic human movements (push, pull, squat, hinge, rotate, carry). It's worth repeating, prioritize building a strong foundation, break it down, build on ramps, then build it up. AKA progressive sequencing.

MOVEMENT MASTERY



METHOD TO REFLECT/REFINE



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YOU GOTTA DO THE DEEP WORK
NO DISTRACTIONS

Yoga instructors who want to develop their own body of work and sequences, there isn't a quick fix, but by dedicating time and effort to crafting a thoughtful strategy, you'll create space for your authentic self to flourish.

SPEND TIME IN YOUR ZONE OF GENIUS

Engage in the deep introspective work on your mat. Explore organically, moving without a set plan. Extract the most impactful elements from these sessions to enhance your class sequences, fostering a more authentic and intuitive teaching approach. Do the work. Put in the reps. Reflect, rest, refine.



METHOD TO REFLECT/REFINE

LIBERATION LIST - SHEDDING THE UNNECESSARY FOR DYNAMIC TEACHING

WELCOME TO YOUR LIBERATION LIST! THIS IS YOUR SPACE TO DECLUTTER AND MAKE ROOM FOR A FRESH, DYNAMIC APPROACH TO YOUR TEACHING. LET'S EMBRACE CREATIVITY, DISCARD THE UNNECESSARY, AND FOSTER A SPACE FOR EVOLVING MOVEMENT. YOUR JOURNEY TO BECOMING AN EVEN MORE VIBRANT TEACHER.

INSTRUCTION:

Improving isn't always about adding more, sometimes it's about shedding and removing.

- 1. Release the Unwanted:** Take a moment to reflect on aspects of your teaching or common practices in the yoga world that you'd like to shed. It could be misinformed cues, rigid sequencing, or anything that doesn't serve the dynamic experience you envision for your students.
- 2. Be Bold and Playful:** This is a judgment-free zone! Let your creativity flow. Don't be afraid to have some fun as you liberate yourself from old habits or notions. Remember, this is about growth and embracing the joy of teaching.

EXAMPLE LIBERATION LIST:

1. Cues I'm Ditching:

- Goodbye to robotic alignment cues! Let's embrace fluidity over rigid instructions.
 - Farewell to the "perfect pose" obsession. Hello to variations that honor diverse bodies and expressions.
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-

2. Sequencing Shake-Up:

- Adios to predictable sequences. Time to mix it up and teach my students a functional hip hinge.
 - So long to the notion that every class must follow a set structure. Embracing spontaneity and adaptability.
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Dump. Shed. Liberate.

MORE ROOM

just for you

PRINT ME

Introducing the WTF List



As yoga teachers, we encounter moments that leave us questioning and reflecting on our teaching practice and the overall class experience. Inspired by the concept introduced by Nat Bennett, the WTF List serves as a structured tool to document these moments and insights.

Similar to Bennett's approach in team dynamics, the WTF List provides a space to park the impulse to fix everything immediately. Instead, it encourages observation and reflection without immediate action, allowing for a more informed and strategic approach to addressing concerns in our teaching practice and studio culture.

Through the WTF List, you can jot down those moments that leave you scratching your head, questioning certain practices, or feeling frustrated. It's a space to list things that seem weird or don't quite make sense, allowing you to gain clarity and insight into areas of improvement in your teaching practice and studio culture. Some things resolve themselves, other things might need addressing, and still other things might be red flag deal breakers that need your attention. Having it all laid out in a list is easier to see than when it's all inside your head/heart.

As yoga teachers, we all have those moments that make us want to scream "WTF." The WTF List is your candid companion, reminding you that these moments are part of being human. ICYMI: you have officially left the *good vibes only* station. We feel the full and colorful range of emotions over here in the real world.

Your WTF template eagerly awaits you on the next page . Print to your heart's content.



WTF



list

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OH HEY NORTH STAR

Drawing inspiration from the business world, we introduce the concept of a North Star metric to guide your journey as a yoga teacher. In the business realm, a company's North Star measures value delivered, serving as an indicator of sustainable growth and longevity. Similarly, as yoga teachers, your North Star metric becomes the compass for your well-being and effectiveness in the classroom. It's your personal measure of fulfillment, balance, and sustainable joy in teaching. By identifying and adapting your own North Star metric, you not only stave off burnout but also enhance your ability to positively impact your students. Think of it as a luminous guide, helping you navigate your unique path, fostering longevity and resilience in your yoga practice and teaching journey.

Great teachers don't have all the answers, they ask better questions.

WHAT

If you have the opportunity to teach your students one thing, what is it?

WHO

Who are you helping? Who are they, what are their wants and needs? This is your ideal client. Get specific.

WHERE

Find your people. Do not stick around and try to convince people of your worth. How's your community? The studio culture? Toxic? Don't have one? Create one - yes online counts too.

FOCUS

You do not have to be everybody's teacher. You do not have to appeal to everyone. Niche down.

WHY

What's your why? Connect back to the essential reasons you teach yoga. Know your why. Refer back to it when you're tired.

INSPIRE

Provide movement that people are not getting in drop-in classes. Clear beats clever. Spur discovery and invite curiosity.

REFLECT

What's something only you can make? Tend to what lights you up. Take care of your creativity. It's a gateway to empowerment.

TEND

When you're feeling uninspired, or imposter syndrome hits, remind yourself why you teach. Take a break, do something way outside of yoga land. Suck at something new.

FIND YOUR FOCUS

DISCOVERY

WHAT ARE 1-3 THINGS THAT INTEREST YOU THAT YOU HAVEN'T YET TAUGHT YOUR STUDENTS?

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WHAT DON'T YOU WANT TO TEACH ANYMORE?

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NAME ONE THING YOU CAN REMOVE FROM YOUR CLASS TODAY AND NOT MISS?

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FIND YOUR FOCUS

DISCOVERY

WHAT'S MISSING FROM YOGA CLASSES IN YOUR AREA?
WHAT'S NEEDED? FILL IN THE GAPS.

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WHAT CAN YOU DO LESS OF/MORE OF? WHAT DO
YOUR STUDENTS NEED? BALANCE THAT WITH
THEIR WANTS.

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THREE WORDS THAT BEST DEFINE WHO YOU ARE.
WRITE THEM DOWN. TRY NOT TO CHOOSE NON-
DIFFERENTIATING FACTORS SUCH AS FRIENDLY,
HONEST, RELIABLE, AND SO ON AS BRAND VALUES.

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KNOW THIS

Don't be afraid to get a little lost
We can't always go from strength to strength. Or productive
to productive. Sometimes we need time to sort through,
ponder, and gestate.



For those who want something more from conventional
methods of teaching and practicing yoga.

There's nothing wrong with you. The gravest disservice is
comparing oneself to mainstream culture and feeling the
need to conform. Stay true to your approach. Challenge the
narrative that implies you're not enough, be it in yoga or any
aspect of life.

It can be a tougher journey because it demands vulnerability
and authenticity. Mainstream may be easy, but it doesn't
equate to being right. Embrace your unique yoga journey.
Trust your instincts. Teach from your heart. Unfollow social
media accounts (and real-life studios) that undermine your
confidence. Focus on learning more this year. Compare less,
trust yourself more. Keep evolving. Stay curious..



Embrace your path unapologetically. You'll be amazed at how
many more people resonate with your authentic approach.

SEQUENCING STRATEGY

YOUR INTERESTS AND EXPERTISE + WHAT YOUR STUDENTS WANT AND NEED = **HOLISTIC SEQUENCING**

- What are my students curious about?
- What are my clients worried about?
- What are my classes longing to have, learn, or do?
- What are they struggling with?
- **What would feel like a miracle for them right now?**
- What do they really need to hear today? What's a message, reminder, or pep talk that my own heart needs right now? Other people might need to hear this exact same message, too.
- What's something I am so curious about, or obsessed with, that I just feel compelled to talk about? Enthusiasm is contagious! People will feel your excitement coming through.
- What would be the most beneficial thing I could possibly teach my people right now?
- Is more passive stretching the answer? Consider other valuable movement qualities that may be absent that you can introduce your class to. To be clear, it's not about turning yoga into a one-stop-shop of strength, cardio, stretch. We know that's not possible or necessary. Yet, we also don't want to over promise what stretching can do.

Allow these questions to guide you, but don't get too heady about having the perfect most complex answer. Simple but effective is a very potent recipe.

Remember that everyone in your class is having their own inner experience that you cannot hear or feel. Make room, hold space.

Stay curious, ask questions. Let the answers spark class themes and content ideas for you.



THE BLUEPRINT

A GUIDED TEMPLATE FOR 4-6 WEEKS OF SEQUENCING

This is my go-to format for studio group classes. Making the switch from single ad hoc class sequencing to this was a game changer. The constant search for new class ideas was over. Teacher burnout went away. I felt like I was really contributing to the yoga canon and creating a body of work that I could then later pull from for other workshops and projects. Start small. Try to stick with the same theme for two weeks. 4-6 weeks might sound like a long time, but the more you dive into a focused region of the body the more you'll find. **Creating a body of work rather than one-off riffs** will help you feel more organized and connected to your work.

1. Shift to Long-Term Content: Move away from one-off sequences and embrace the creation of a comprehensive body of work for sustained impact.

2. Define Your Mental Muse: Identify the attribute or characteristic you aim to **cultivate** in your students, such as mindfulness, body awareness, or focus, serving as your spiritual muse.

3. Choose a Physical Muse: Select a **central physical aspect**, like spinal flexion or a specific body region (e.g., hamstrings) that will thread through the entire multi-week class plan.

4. Think Holistically: Picture the physical muse as a pie; avoid creating isolated pieces. For instance, say your focus is on the core - which is more than just your abdominals. The core has a front, sides and back. By expanding people's understanding of core work by highlighting it in locust pose or in an active twist like revolved half moon, you help obliterate pop fitness myths about vanity muscles.

5. Embrace Ambiguity: Recognize that body regions aren't strictly defined; expand your focus organically. For example, shift from shoulders to a broader exploration, including wrists and back, maintaining **continuity** from previous weeks.

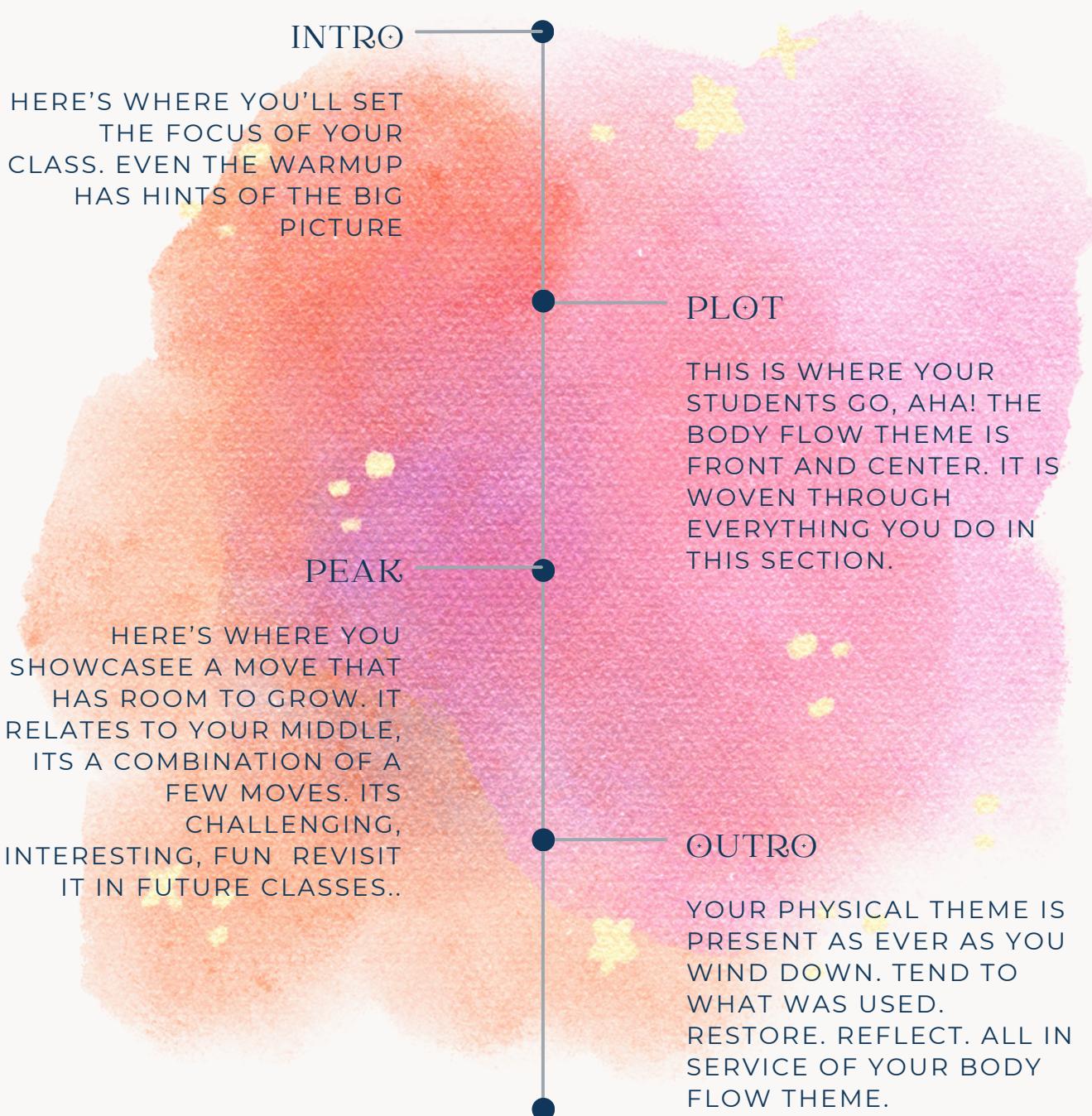
6. Progressive Building: **Build on** the prior week's focus; if shoulders were emphasized, transition seamlessly to a related theme like shoulder actions in arm balances. Maintain foundational cues while allowing for smoother progression over the 4-6 week period.

Prioritize building a strong foundation, ensuring that every student can confidently navigate the essentials before delving into more complex flows. Break it down, build it up. **We never get away from the basics. They are what make up the complex moves. There are endless ways to teach and offer the basics in fun and interesting ways.**



LOOK AT IT THIS WAY

INFUSING MOBILITY, STRENGTH AND HIGH PLAY
INTO YOUR YOGA CLASS CAN BE SEEMLESS



SEQUENCING STRATEGY

PROGRESSIVE SEQUENCING

HERE'S THE WHY

Every public class is a mixed level class. Navigating that as a teacher has its challenges. If you teach asana the 3rd limb of yoga, then go all in and help people learn how to move well. How you construct your class can help. Progressive sequencing, rather than free flow, ad hoc classes is how you do that. Nothing wrong with free flow, but you and your people are ready for more.

This progressive approach does a few things:

- It provides a through line. The focus is clear and consistent.
- Folks get to explore different levels of demand and intensity in the same body part.
- It provides a cohesive class with movement variety and load variability.
- It communicates that there is more than one way in, that you have options.
- This builds proficiency and understanding, and instigates curiosity and awareness.
- Students learn about how their body moves and what it is capable of.

HERE'S THE HOW

It can be challenging to see new pathways, especially once we're deep in our own sequencing groove. In case know one has told you this, you don't have to teach yoga the way you were taught in YTT. Start thinking about class construction as the multiverse that it is.

- Start with attributes or characteristics you want to cultivate. Ex: actions required for a peak pose or an emphasis on mobility or high play.
- Make those things show up throughout the class from start to finish.
- Vary the load and the demand to compliment the class arc.
- Moves/poses can absolutely be repeated (especially with varied intensity).
 - Ex: reclined tree pose, tree pose in plank, tree pose in shoulder stand.
- Start small, break poses into parts, build it up, progressively.

Stop here for a few breaths and think about all this, because understanding the method is key to making your own purposeful class.

In this class example, each section of the class - the warmup, body and the warm down have their own set of heart, hip and core moves.



SEQUENCING STRATEGY

LET'S BREAK IT DOWN

1. Physical Focus

- Delve into a strategic sequencing ethos that places a pronounced emphasis on a region of the body - for example, (the core). This approach involves tailoring postures and movements specifically designed to engage, strengthen, and feel the region you chose. By prioritizing the expanse of the core, practitioners experience a purposeful and targeted journey within their yoga practice, fostering both physical resilience and mindful awareness. Move beyond crunches and boat pose. THIS is how we teach and move holistically.
- Elevate your sequencing ethos through the integration of yoga asanas. This involves a thoughtful selection and progression of postures, ensuring a seamless flow that addresses various aspects of stability and balance. By methodically incorporating yoga asanas, your sequencing ethos becomes a dynamic blueprint for a well-rounded practice, catering to the diverse needs and levels of practitioners. *Remember, asana doesn't have to solve everything.

3. Personal Through Line Message

- Infuse depth into the sequencing ethos by incorporating a personal through line message. This entails crafting a narrative or thematic thread that runs cohesively through the sequence, providing practitioners with a meaningful and introspective journey. This personalized touch not only adds a layer of emotional resonance to the practice but also establishes a connection between the physical movements and the individual's inner experience, fostering a more profound and holistic yoga encounter. *This is where knowing your North Star comes in handy. Use it to craft your underlying message.

Head and heart come together.

My personal sequencing ethos revolves around promoting curiosity and freedom to move. Continuous exploration and unlearning of toxic fitness culture. I aim to **teach rather than instruct**. It's about helping people understand, for example, how their own core works rather than using rote cues like, *engage your core*, each sequence is a journey of **inquiry**, with a dash of fun. Join me in crafting sequences that not only inform but also make the learning process inviting and fun.



3 MORE SEQUENCING FORMATS

SANDWICH STYLE

Begin and end with your traditional vinyasa moves. In the middle introduce and include mobility, play, or a new movement concept. This keeps the familiar flow and continuity of the class while **allowing you to hone and highlight something new for your students.**

PROGRESSIVE PEAK

Think beyond the peak pose, this can be a peak MOVE. A unique sequencing approach to infusing mobility into a mixed-level group classes. This format focuses on building up to a peak move **progressively**, starting with regressed variations; incorporating props as you progress the move (introduce more challenging options). Designed to widen accessibility, it caters to diverse experience and ability levels within the class, creating a seamless empowering yoga experience. It's less about one traditional *peak pose* and more about the parts and process. of movement. Ex: deep squat

1. Deconstructing Poses: Learn to break down a pose, understanding its components, and skillfully build it up step by step.
2. Time Management: Efficiently manage class time to ensure a seamless progression through the regressed to advanced stages of the peak pose.
3. Concise Cueing Guidance: Provide clear and concise cues that unite the class, offering support without overwhelming, for a cohesive and inclusive experience.
4. Cultivate Freedom in Exploration: **Encourage class members to explore variations and learn from their experiences.** This takes the need off of having to cue every little thing. Embrace what works and what doesn't, making it an integral part of the class dynamic for a more interactive and enriching yoga practice.

WORKSHOP A POSE

Break a big pose into smaller steps. Spend extra time here. Get granular, then build it up. The pose you pick can complement your larger theme. **If you think a pose will take three steps, break it down into 5-10 steps** making them small and un-intimidating. **How very yoga** to notice the small parts. For example, if you're 4-6 week focus is the core then the pose you workshop could be revolved triangle, half moon pose, or side plank. Not only will this build your teaching confidence it will also provide your students a deep dive learning opportunity within a group setting. Go ahead and break the fourth wall here. The pressure is off.



5 point
revitalize

CHART YOUR PATH TO AUTHENTIC, CREATIVE CLASSES

Start with one or two. Be gradual. It's not wholesale change

1. Begin and end your class by empowering students

with personal agency. Invite them to start in a comfortable position, setting the tone for free choice throughout the session. Experiment with diverse class beginnings, stepping away from the habitual starting position, fostering variety even when altering the sequence.

2. Posture entry points: Establish the conditions for poses to unfold organically. Avoid parking people in child's pose when challenges arise. By providing entry points, on and off ramps along the way - everyone gets their own version of a signature peak pose. Given the mixed-level nature of most classes, create an environment where everyone can journey with challenge and success.

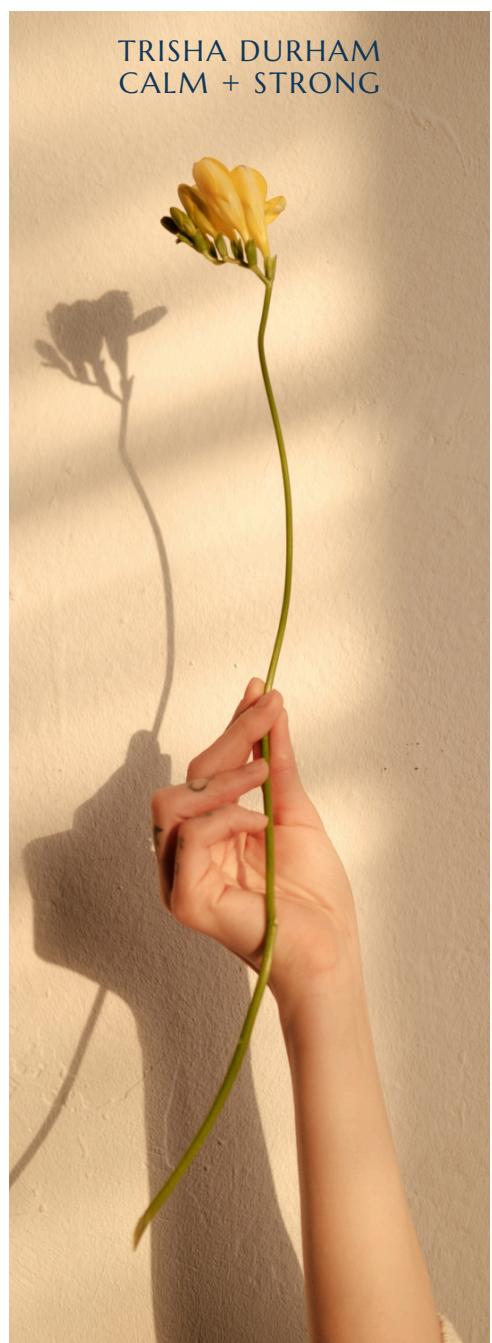
3. Pronoia teaching vibes: Embrace a mindset of pronoia —assume your class is genuinely excited about your teaching. Infuse your sessions with the belief that students share your passion. Enthusiasm is contagious, and it doesn't always have to be loud; subtle energy can be just as influential. Flip the script on that voice in your head that says, no one likes my class. Of course make sure YOU like the class your teaching. That's what this workbook is all about!

4. Focused teaching, uncluttered sequencing: Select one or two focal points for your teaching, decluttering your sequencing. Delve into a specific body region or movement type for 4–6 weeks, establishing a consistent through line. This approach minimizes burnout associated with ad hoc classes and keeps your content creation evergreen. Continuously ask yourself: What long-term lessons do you want your students and community to absorb?

5. Beyond asanas: teach everyday movement: Embrace complexity by incorporating non-yoga movements. Introduce playful, functional, or mundane activities that address your students' needs, such as getting up and down from the floor. These movements offer practical value, enhancing daily life and aligning with the reasons many people turn to yoga for improved mobility and well-being. Aim for novelty, not randomness, as highlighted in point four.

When it comes to changing up your classes, students will appreciate the time to adapt.

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THE FINER POINTS OF ADAPTABILITY

The word adaptability gets thrown around a lot in yoga. Here's how you can put some substance into it. Teaching is about being responsive, flexible, and student-centered. It involves **moving beyond rigid scripts or preset sequences and instead engaging with students in a dynamic and personalized way**. By understanding fundamental movement principles and honing observational skills, you can create a more inclusive and enriching experience for students, regardless of their unique abilities or challenges.

- Tailored guidance: An adaptable yoga teacher recognizes that every student's body is different. Instead of relying solely on a one-size-fits-all approach, they understand the importance of tailoring instructions to accommodate variations in body proportions, flexibility, and strength. This requires a keen observation of students' movements and a willingness to offer personalized guidance.
- Adapt for limitations and Injuries: It's unlikely you'll know the intimate details of every student's history. People come to yoga with various physical conditions, limitations, and injuries. An adaptable teacher provides appropriate modifications to ensure that students can safely participate in the practice. Progressive sequencing, as discussed in this workbook has you covered. As you break a pose/move down, use props, and offer variations to explore - people in your class can self select to suit their capabilities.
- Understanding movement principles: Rather than memorizing a laundry list of anatomical terms, an adaptable teacher focuses on understanding broader movement principles. With a foundational understanding of these principles, teachers can guide students effectively through poses and make real-time suggestions based on what they need . **Refer to the reading list in the Resource Bank to help with this.**
- Observational skills: Adaptability relies heavily on keen observational skills. Teachers who are attuned to students' body language, alignment, and subtle cues can quickly assess whether an adjustment or modification is needed. This ability to "read" the room and respond accordingly is an integral part of creating a safe and supportive yoga environment.
- Encouraging exploration and self-discovery: An adaptable teacher fosters an environment where students feel encouraged to explore their movement capabilities. This involves offering variations of poses, and empowering them to make choices that suit their individual needs. This approach promotes self-discovery and a sense of agency in one's practice.



PROMPTS BEYOND THE POSES

Nurture you and your student's creative spirit.
Explore these prompts to ignite inspiration:

1. High Play: Infuse an element of spontaneity into your classes, encouraging participants to embrace the playful essence of yoga. Standing on one leg while you swing your arms is one example. *Find many more in my book, Movement Snacks.

2. Pedestrian Moves: Transform ordinary movements into mindful experiences, guiding your students to find presence in the simplicity of everyday actions. Getting up and down from the floor for several reps is an example. Hone in on the different ways this can be achieved. Note dominate vs non dominant limbs that lead or are skipped. Make it a whole sequence all its own.

3. Planes of Movement: Expand your teaching horizons by exploring different planes of motion, fostering a multidimensional approach to yoga practice. Of particular importance because it is often overlooked is sideways (lateral) movement. How can you incorporate a lateral move into your class?

4. Floor Work Lays the Groundwork: Emphasize the foundational importance of floor exercises, establishing a strong base for more advanced postures and enhancing overall body awareness. This could be done by focusing on the feet and ankle mobility. For the more adventurous you might explore crawling and rolling patterns.

5. Novel Use of Props: Support, Challenge, Inform: Integrate props creatively to offer support, present challenges, and convey valuable information, enriching the practice for your students. A bit of ingenuity helps. Build a sequencing around a block.

6. Push, Pull, Hinge, Squat, Reach, Rotate, Play: Incorporate a dynamic range of human movements, encouraging exploration and expression in your yoga poses.

Consider a bit of whimsy by entertaining the absurd. **Fill in the blank,** yoga for:

- A Midweek Crisis
- The Non-Conformist
- A Rainy Day
- A Sunny Day
- When Everything Hurts
- Tiny Spaces

*what would you create
if no one in yoga land
would judge you?*

It's about asking: **what would I create if no one in yoga land would judge me?** What kind of class would you create if you let your imagination run wild? Go ahead and write it out, the weird and wild class names and ideas. Then dial it back in just enough retaining the best parts of these ideas. Crafting specialized sessions for these scenarios adds a personal touch to your teaching, making yoga more accessible and adaptable to diverse needs and moods.



KINESPHERE BUILDING BLOCKS

1

LEVELS/SPACE

Take it to the floor! Do a familiar standing sequence, ex: side angle pose to reverse warrior and do it from the knees. Small, medium, large movements

PLANES OF MOVEMENT/DIRECTION

There are three planes of movement (sagittal, frontal, transverse) and a myriad of ways to move in each.

Consider how often you visit each one. Emphasize the directions you don't visit as often. Vary them.

2

PACE/RHYTHM

Invite your students to explore a movement at a slow pace AND a fast pace. One is not better or worse. They are simply different qualities. Some things are easier when done fast, some things harder. This is another way that you can break out of the good/bad binary.

3

RELATIONSHIP

Explore the relationship between different body parts, the relationship between different actions ex: twisting from standing-lunging-seated, or the relationship to a prop or to the floor/mat space.

4



100 qualities to compliment your physical theme

This **quick sheet list** is comprised of **extension terms** for you to use with your main class theme. Select one or more as a supporting actor to your main body movement theme. This can be your through-line message. Or, **let the list inspire you**. Select one or more terms to serve as your main theme that you weave in from beginning to end. Some are literal, but many are purposefully open to interpretation.

Adapt	Pace	Reach	Isolate
Steady	Hold	Lift	Sync
Yield	Release	Push	Reverse
Asymmetry	Stability	Pull	Back
Play	Small	Hinge	Sideways
Explore	Big	Squat	Orientation
Repeat	Curious	Flex	Fundamental
Support	Permission	Extend	Spot
Dynamic	Foundation	Swing	Direction
Slide	Place	Roll	Lateral
Momentum	Create	Crawl	Ease
Center	Cultivate	Equanimity	Lift
Challenge	Captivate	Oasis	Balance
Circle	Flow state	Notice	Successes
Stillness	Fun	Observe	Style
Passive	Novel	Rotate	Rhythm
Active	How To	Intensity	Entry points
Wobble	Different	Playground	On/off ramps
Effort	Familiar	Responsive	AROM
Connect	Task	Multi-planar	PROM
Solve	Constraint	Edges/borders	Thread
Learn	Prop	Kinesphere	Resistance
Unlearn	On ramps	Dose	Puzzle
Mobility	Fall	Possibilities	Gravity
Strong	Nimble	Capabilities	Articulate

Map your moves

DATE: _____

THEME/FOCUS

- _____
- _____
- _____

WRAP IT UP

- _____
- _____
- _____

WARM IT UP

- _____
- _____
- _____

THE MAIN MOVES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

QUALITIES TO COMPLIMENT
MAIN THEME/FOCUS

ADDITIONAL THOUGHTS /
INQUIRIES

NOTES



10 YOGA TEACHER VALUES TO ADOPT

Your work matters

After YTT you're on your own as a teacher. It helps to have a **values compass**. Here is the most legit list of teacher values. They're different in that they focus on interpersonal skills rather than pose prowess.

You're so golden, you don't even know it

1. Make It So Everyone Who Takes Your Class Has Some Movement Success
2. Be Critical Thinkers And Engaged Practitioners:::
3. Continue To Grow And Revise:::
4. Keep Your Teaching Real And Relevant:::
5. Develop A Point of View Without Minimizing Other's Point of View
6. Be An Advocate Not A Guru
7. Do Not Make Prescriptive Claims:::
8. You Are A Teacher And You're Teaching A Subject:::
9. Develop A Curriculum:::
10. Educate, Inspire, Relate



Don't get so busy that you forget to root for yourself.
Little things like the **Mantra app** help.

A TO DON'T LIST

- 1 -

BE SOMEONE YOU ARE NOT

Pro tip, do you, unapologetically. Teach what interests you. Teach what lights you up. Teach the class YOU WANT TO TAKE.

- 2 -

TEACH TO THE WHIMS OF STUDIO CULTURE

The pressure is real and often complicated. Each studio has its own style and community. Don't lose yourself to fit in. Do not stay at a studio where you have to convince someone of your worth.

- 3 -

UNDER/OVER VALUE YOUR EXPERTISE

Know your worth.
Stay curious, confident, humble.

- 4 -

GRASP TO TIGHTLY TO WHAT YOU KNOW

Be willing to change your opinion (and your yoga cues) when presented with new and updated information. Pick your hills.

- 5 -

OVER FANCIFY YOUR CLASSES

The pressure to create shiny new moves for every class. can be alluring This happens when we try to be somebody we think people will like. Slingshot all that to the surface of the sun. Less is more.. Clear beats clever.

Muse letter

"

Whatever makes you a tiny bit different, whatever feels a bit easier for you than for other people, whatever you enjoy a little more — maybe even enjoy so much that it embarrasses you? That's the stuff you have to take the most seriously, treat with the most care, and protect from a world packed with people who want to tell you those things make you weird or boring or unimportant or a misfit.

-Heather Havrilesky-

YOGA TEACHER SELF-CARE TIP

Plan ahead

For when the critics show up and things go sideways

- **WRITE DOWN ALL THE GOOD STUFF PEOPLE SAY ABOUT YOU**
- OPEN YOUR NOTES APP OR DEDICATED JOURNAL.
- MAKE A LIST TITLED, "I ROCK: HERE'S THE PROOF!"
- EVERY TIME SOMEONE PAYS YOU A COMPLIMENT OR GIVES YOU POSITIVE FEEDBACK OR A COMPLIMENT, WRITE IT DOWN.
- OVER THE MONTHS AND YEARS THIS WILL ADD UP.
- THEN, WHEN YOU ARE FEELING DOWN OR HAVING A BAD DAY, OPEN YOUR LIST AND READ TILL YOUR HEART'S CONTENT.
- READ UNTIL YOU REMEMBER HOW AWESOME YOU ARE.
- THERE WILL ALWAYS BE PEOPLE WHO DON'T LIKE YOU AND, UNFORTUNATELY, SOMETIMES THEY WILL TALK TO YOU.
- DO NOT LET THAT DISTRACT YOU FROM YOUR WORTH.

TRISHA CALM + STRONG



Bonu\$

VOICE, CUEING AND ALIGNMENT

Tired of hearing yourself say the same prescriptive alignment cues? Want to empower the people in your classes with more ways to move? Seeking a deeper connection to your own empowerment? By engaging with the content in this workbook, you can unlock fresh perspectives and insights, allowing your message and cueing to emanate from a place of genuine authenticity. Build your confidence while getting high on the expanded sense of possibility that comes when you hone in on your own teaching strengths and preferences.

But if you don't teach alignment, what do you teach?

This is one of the (best) most frequent questions I get asked in teacher trainings, it comes after lengthy discussions about how there are no good movements or bad movements, just movement that our body is either prepared to handle or not. No amount of alignment will help you do chaturanga if you don't have the strength to support it and rarely practice push-ups outside of yoga. Rather, the body adapts to the positions and loads we spend the most time in. I know this can be hard to unlearn given how much traditional alignment and safety are emphasized in ashtanga vinyasa yoga. The short answer is: LOTS. **There is lots to teach.**

To be clear, it's not that I don't teach any alignment ever - because in essence, **alignment is always happening**. However you are sitting right now as you read this - is an alignment. What I no longer teach is the correct-and-protect style of alignment that you often see in studios. Alignment that is based on visual aesthetics, symmetry, right/wrong rules, and alignment that warns people that their safety depends on the placement of their limbs. The best posture is your next posture. Alignment is a useful tool, it's just not the main tool.

To get started, first consider where the alignment rules and cues you use came from.

- Who coined them?
- Where did you learn them? Where did they come from before that?
- Who were they intended for?
- What time period and culture were they influenced by?
- Have they ever changed or been updated given that we know more about human movement and science?

Remember, great teachers don't have all the answers, they ask better questions.

Bonnie

VOICE AND CUEING

Words are events, they do things, change things. They transform both speaker and hearer; they feed energy back and forth and amplify it. They feed understanding or emotion back and forth and amplify it.

- Ursula K. Le Guin

Words matter



TRISHA DURHAM CALM + STRONG

You don't find your voice, you develop it



Use your voice

Don't give up your personality to become the 'yoga teacher.' Be even more you when you teach. It's a real relief for you and your students. Use your good ol' normal talking voice. Imposter syndrome be gone. The world needs YOU.

TIP! When I drive to a studio for class I turn the radio up and sing at the top of my lungs to warm up my voice for class. It helps prepare me to talk for 60 minutes.

Let the silence do the heavy lifting

Retire a yoga cue or three. Check in with your language. Consider where/who you got your yoga alignment cues from? Are they still relevant?

Do you warn students about movement (nocebo effect)? Try an open ended question rather than an alignment directive. Something like, "can you fold forward here or is it better to stay upright in your seat?"

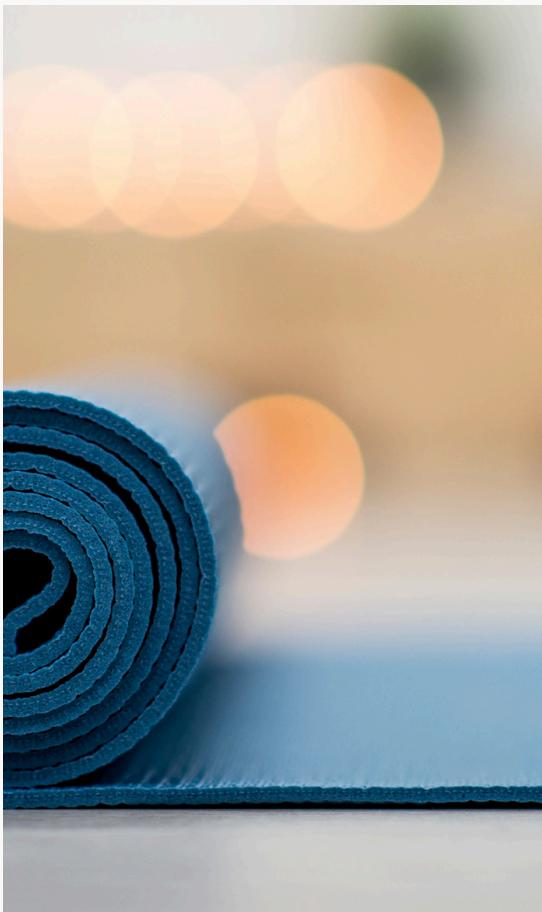
What are you repeatedly saying that doesn't need to be said? Sometimes we think we have to replace an old alignment cue with a new one, but you can choose to just not say anything at all. Let the silence do the heavy lifting.

Bonus

VOICE AND CUEING

Exploring fresh perspectives: 10 yoga cues worth rethinking

1. Shoulders back and down
2. Foot on knee in tree
3. Stand between two panes of glass
4. Square your hips in w3, twisted chair
5. Navel to spine
6. Excessive inhale/exhale cues
7. Heels down in dog pose
8. Knees not allowed over toes
9. Not flexing the spine
10. Any correct and protect alignment cue based on what it looks like from the outside.



TRISHA DURHAM CALM + STRONG

Strategies to connect with your audience

Practical Wisdom Over Fluff: Filter out vague, lofty advice. Opt for honesty that resonates with the realities of today. Now is the time for genuine connection without the need for brutality. It's like finding the cool side of the pillow

3 top tips for yoga teacher voice and cueing

1. **Authenticity Amplifies Connection:**

Embrace your unique personality as a yoga teacher – it fosters a genuine connection with your students. Letting your true self shine not only alleviates stress for you but also creates a more relatable and enjoyable experience for your students.

2. Voice Matters, Literally: Your natural speaking voice is a powerful tool. Instead of adopting a contrived 'yoga teacher' voice, use your authentic tone. This not only dispels imposter syndrome but also creates a comfortable and inclusive atmosphere in your classes.

3. Mindful Cue Retirement: Regularly evaluate your cueing language. Some cues might have served their purpose or originated from a different context. By retiring outdated cues, you ensure that your instructions remain relevant, effective, and aligned with the evolving needs of your students.

You're allowed to use your own words

Bonus

VOICE AND CUEING

Five ways to cue your yoga classes beyond one-way alignment.

1. Teach people to not fight their body. People. Fight. Their. Body. Every. Single. Day. Instead of using cues that aim to fix or correct their every metatarsal try out some language that allows people to be just as they are. So what if their W2 isn't yoga journal cover ready. Remind folks that they don't have to crank or push themselves into a deeper more advanced version of a pose for it to be deemed right or useful. Practice not fixing based purely on the visual aesthetic. Here are five examples: *It does not have to be pretty. No suffering. This is hard. Root for yourself. Take rest when you need it.*

2. Cue/invite people to find their own signature shape (alignment). Use open ended questions. *Can you reach your arm overhead in half moon pose?* Give options not dares. Invite people into a pose. Let's use a seated pose as an example. Any will do: bound angle, wide angle or cross-legged seat. Instead of telling people to fold forward, try fostering inquiry and curiosity by saying, see if you need a forward fold here or not. If you have plenty of stretch and sensation happening in the upright version, then you may not need to fold forward - you're already doing the pose. This is one small way to flip prescriptive alignment narrative. Yoga Teacher, Colin Hall notes that variation is natural. In many ways, every pose is already a variation by virtue of the fact that each of us is unique. Not only our size and shape, but our proportions and our mood. Our age, our life experiences, our worries and stresses, and preferences all influence how the postures look.

3. Highlight mobility. Invite movement variety/variability. If you want to move away from the overemphasis on deep passive holds, try movement. Mobility = mo' ability. Movement variability is like a Swiss army knife you can call on when needed during a movement task. Pleasing visual alignment and square hips aren't going to save your ass if you lose your balance. Teaching mobility is also a great way to foster curiosity about movement options and it deemphasizes that one right way thinking. Instagram is a treasure trove of mobility moves that will fit right into a yoga asana class. One of my favorites are teacup drills.

4. Find beauty in the breakdown. People love a good breakdown. Pick a pose, deconstruct it. Make it all the way, every way accessible. Build on ramps and exit ramps - ways for people to get into and out of the pose on their terms. It takes the pressure off (of you and them) because we're in it together. When people are given permission to explore this way you also empower them to find their own signature alignment (see #1 above, yes it's all connected).

5. Remove a correct-and-protect alignment cue (or 2) and let the silence do the heavy lifting. You don't have to replace every old cue with a new one. Let the silence do the heavy lifting. The words you do say will be better received than if you're one long run-on sentence. Remember everyone is having their own inner experience. Hold the moment, ask them if they're breathing, move on.

RESOURCE SECTION

You do not have to know everything. Nor do you need to be an expert on every topic to be a good yoga teacher. You do not have to memorize information.

Pro tip: find the experts, learn from them, question them, update as needed.

Then

Refer others to these expert sources. The pressure is off. You do not have to have all the answers.

Another meta example here as I refer you to the expert sources that I use to create a well rounded teaching methodology.

What follows are my top book recommendations for curious yoga teachers. I have placed a **checkmark** next to my very favorites. These are the books that have had the biggest impact on my teaching and understanding of human movement.

Many of these books are not yoga specific and that is on purpose. Sometimes you need to step outside of the yoga world to get the information. Yoga teachers need a thorough understanding of HUMAN MOVEMENT beyond the yoga alignment rules that have been passed down for generations. The best way to do that is in the books listed below.

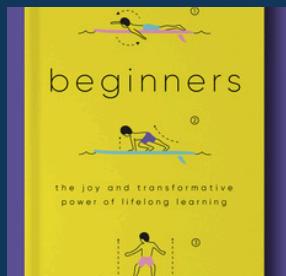
I've also included a selection of books specific to creativity, curiosity and being an artist because a good yoga teacher draws from more than one identity.

The best books on movement, culture and creativity for yoga teachers.

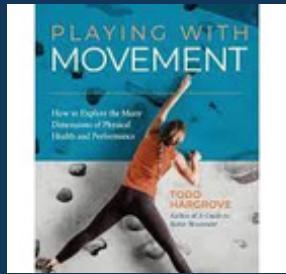
Link to the always updated list



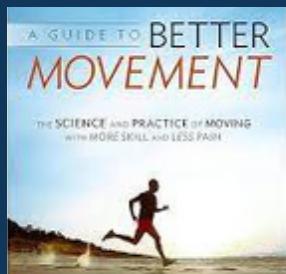
BOOKS FOR YOUR MOVEMENT EDUCATION



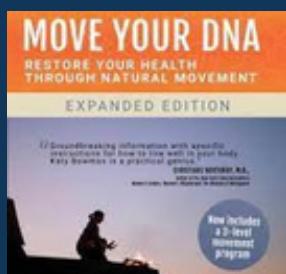
BEGINNERS: THE JOY AND TRANSFORMATIVE POWER OF LIFELONG LEARNING by Tom Vanderbilt. A fascinating and important resource for teachers. It is not easy to practice something you're new and not good at.



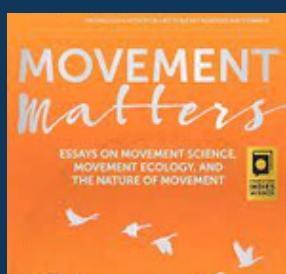
PLAYING WITH MOVEMENT by Todd Hargrove. Curious exploration of the physical world is the best way to health. 



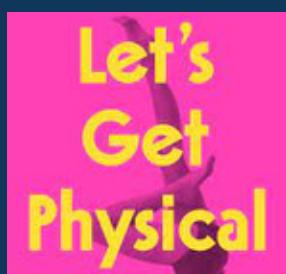
BETTER MOVEMENT by Todd Hargrove. One of the best non-yoga books I've read to learn about movement. 



MOVE YOUR DNA by Katie Bowman. An absolute must read if you teach movement to other people. This is the book that got me started. 

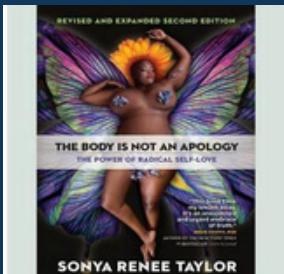


MOVEMENT MATTERS by Katie Bowman. a wonderful continuation of Katie's work on movement. Read them both. 

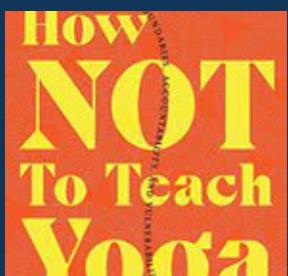


LET'S GET PHYSICAL by Danielle Friedman. A brilliant read about the history of fitness culture with a focus on women. Context matters and this book brings it.

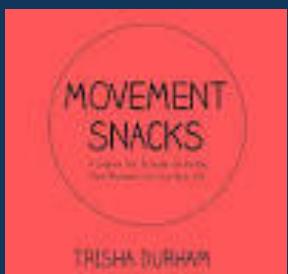
BOOKS FOR MOVEMENT EDUCATION



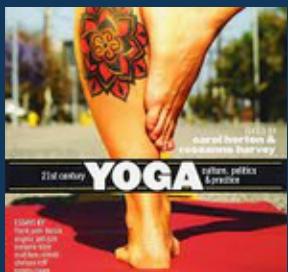
THE BODY IS NOT AN APOLOGY by Sonya Renee Taylor. The power of radical self-love. Poignant, timely, necessary. Body image learning and unlearning is KEY. This book will help you and all those you teach.



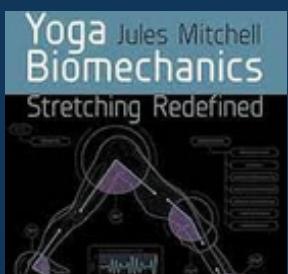
HOW NOT TO TEACH YOGA by Tori Lunden. An absolute must read for every yoga teacher. Boundaries, accountability and vulnerability. This book is pure gold.



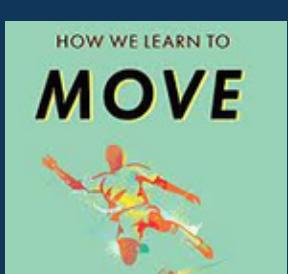
MOVEMENT SNACKS by Trisha Durham. I wrote a book! The benefits of moving your body in small ordinary ways. No spandex or gym required. Human movement. Clear beats clever every time.



21st CENTURY YOGA: CULTURE, POLITICS, AND PRACTICE by Carol Horton. A multi-faceted examination of yoga as it actually exists in the U.S. and Canada today. The more you know. Critical analysis is how we do better.

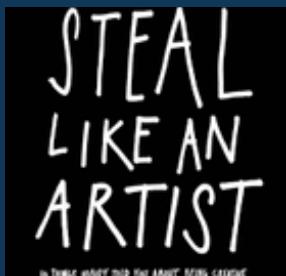


YOGA BIOMECHANICS: STRETCHING REDEFINED by Jules Mitchell. Important concepts. Read it in small parts and read it three times. A formative body of work.

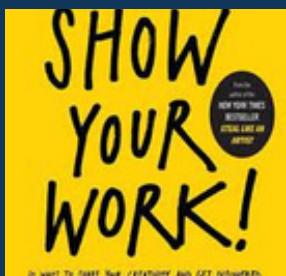


HOW WE LEARN TO MOVE by Rob Gray. Understanding how the human body moves will expand your understanding of the moves we do on the yoga mat more than anything else.

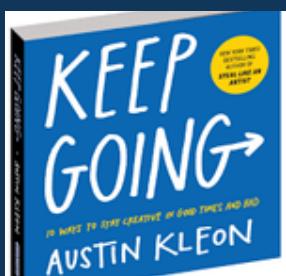
BOOKS FOR YOUR CREATIVE SPIRIT



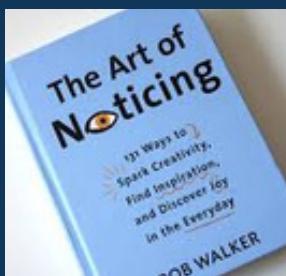
STEAL LIKE AN ARTIST by Austin Kleon. All three of his books are like a soothing balm for the creative spirit in all of us. Get all three, they are so refreshing and honest and helpful.



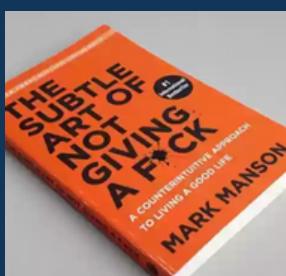
SHOW YOUR WORK! by Austin Kleon. A follow up to his first book. Seriously so good. He also has a newsletter that is the absolute best. So many good links, and advice. We are so lucky to have his work in the world.



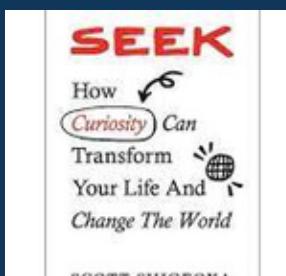
KEEP GOING by Austin Kleon. It's not always easy, grab this book or any of the three for the best bits of advice and support.



THE ART OF NOTICING by Rob Walker. Rob also has a wonderful newsletter I highly recommend. It's impossible to not be creative and curious when reading his work.



THE SUBTLE ART OF NOT GIVING A F#%@% by Mark Manson. I highly recommend listening to this book on audio. It has so much heart Not giving a F is not the same as being indifferent. The messages are so relevant to us in the wellness/yoga industry.



SEEK by Scott Shigeoka. Curiosity is a superpower. Take care of yours. Read this.

Bonus #2

My TOP BIZ TOOLS

MY GO TO MOST HELPFUL TOOLS I USE FOR BUSINESS

LINKS + DISCOUNT CODES INCLUDED

- **FLODESK** IS MY FAVORITE NEWSLETTER PLATFORM. IT DOES EVERYTHING YOU NEED AND IT'S EFFORTLESSLY STYLISH. IF YOU DON'T HAVE A NEWSLETTER LIST, GET ONE AND START CONNECTING WITH YOUR PEOPLE. THIS LINK GETS YOU 50% OFF YOUR FIRST YEAR.
- **MAGIC TODO** IS THE BEST KEPT BIZ SECRET. WHEN GOOGLE FAILS YOU - ASK MAGIC TODO HOW TO DO IT.
- PRETTY FREE LANDING PAGES = **CARRD**
- ALL THE GOOD FREE IMAGES = **UNSPLASH** AND **PEXELS**
- **DPD** = THE EASIEST WAY TO SELL YOUR DIGITAL CREATIONS!
- **POCKET PRODUCT** = THE BEST AND MOST EFFICIENT SHORT COURSE TO HELP YOU CREATE AND LAUNCH YOUR FIRST PAID PRODUCT.
- **PODIA** = BEST ALL-IN-ONE GETTING STARTED WEBSITE AND ONLINE BUSINESS - CHOOSE PODIA. IT OFFERS AN EASY AND CLEAN INTERFACE TO BUILD, CONNECT AND SELL WHAT YOU WANT.
- **MOVO** - MY FAVORITE WIRELESS MIC OF ALL THE ONES I'VE USED.
- **BEGINNER'S GUIDE** TO WIDENING CIRCLES OF DIVERSITY AND UNLEARNING TOXIC FITNESS CULTURE.
- LINK TO MY **RECOMMENDED TOOLS ON AMAZON**. FIVE LISTS WORTH.
- THE WORKHORSES: VIDEOSHOP, IG REPOST CANVA, NOTES APP, GOOGLE DOCS SUITE.

A CHART Recap

IT'S YOUR TEACHING JOURNEY



Congratulations on completing this workbook! Let's pause to reflect on the key insights and takeaways.

Remember this CHART method serves as a compass, guiding you on your journey to teaching your best, most impactful yoga classes. There is no one-size-fits-all approach to yoga teaching. Embrace your unique perspective, cultivate a teaching practice that aligns with your values, and stay open to growth and evolution along the way. Your journey as a yoga teacher is a continual process of learning, exploration, and self-discovery. Enjoy the ride!

C **Clarity:** Ground your teaching practice in values that prioritize inclusivity, authenticity, and continuous growth. By staying true to your values, you can create meaningful connections with your students and foster a supportive learning environment.

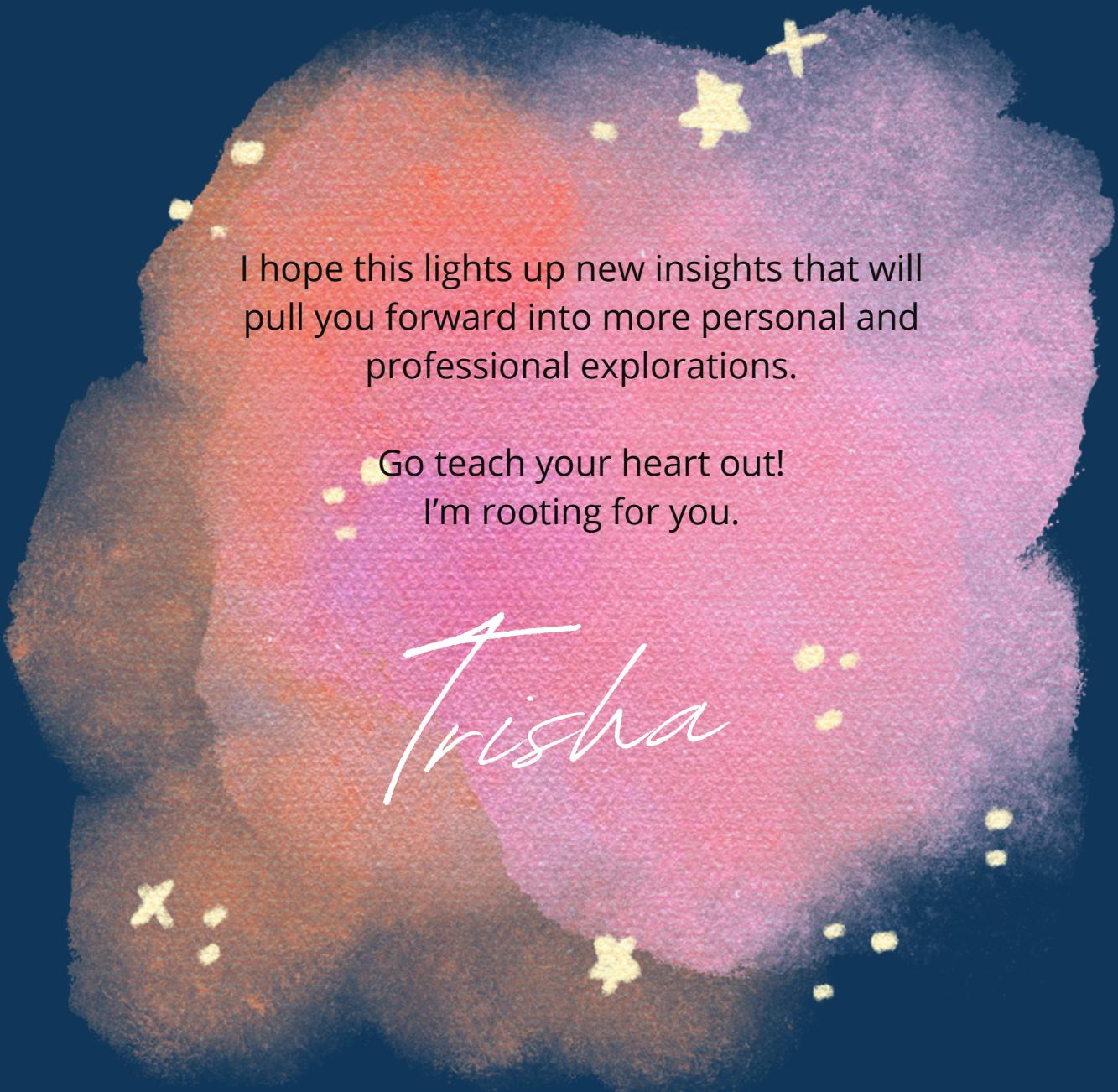
H **Holistic sequencing to hone your authentic teaching approach:** Embrace your unique personality and teaching style. Your authenticity is your greatest asset as a yoga teacher, allowing you to connect with students on a deeper level and inspire them to explore their practice with curiosity and joy.

A **Authentic emphasis. Adaptability in teaching:** Be responsive, flexible, and student-centered in your teaching approach. Tailor your instructions to accommodate variations in body types, abilities, and preferences. By fostering adaptability, you empower students to explore their practice in a way that honors their individual needs and experiences.

R **Reflect, rest and refine teaching practices:** Challenge conventional wisdom and explore fresh perspectives in yoga teaching. Question outdated alignment cues, encourage movement variety, and prioritize functional movement over aesthetic alignment. By reframing traditional practices, you can create a more inclusive and empowering yoga experience for your students.

T **Teacher/teaching empowerment.** Trust yourself and your students: Trust in your own intuition and teaching expertise. Let go of self-doubt and imposter syndrome, and embrace the confidence that comes from being yourself and knowing that that is enough. It's teaching authentically. Trust in your students' ability to navigate their practice with agency and self-awareness, and empower them to explore their practice with curiosity and self-compassion.

THANK YOU!



I hope this lights up new insights that will pull you forward into more personal and professional explorations.

Go teach your heart out!
I'm rooting for you.

Trisha