



# Teach Yoga in English Mini - Course

Learn the yoga teaching vocabulary that suits your teaching style.

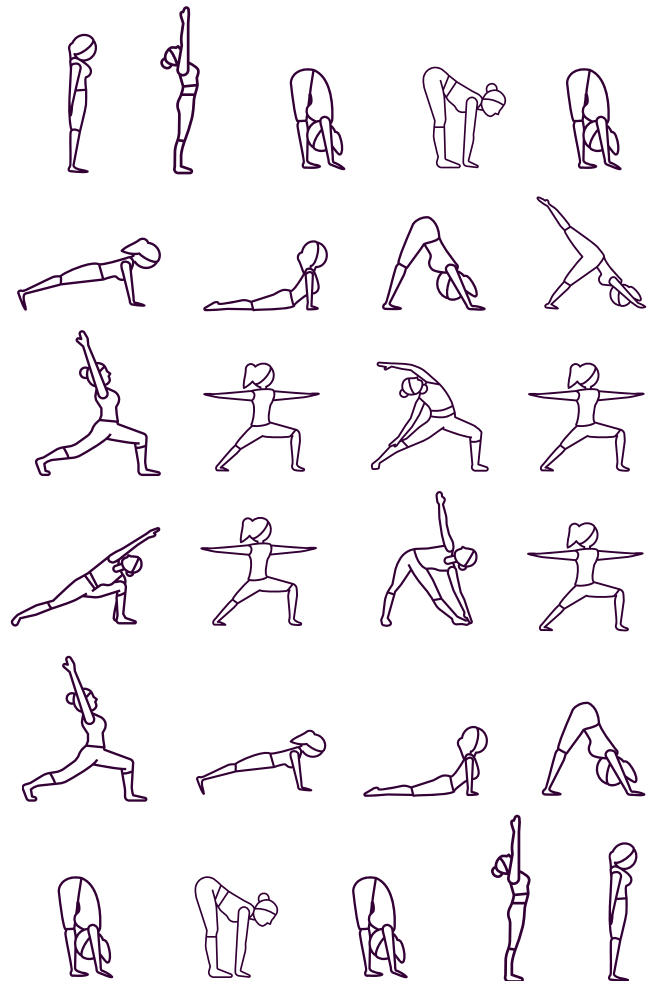
## Introduction

In the training you explored the importance of defining your teaching style, teaching goals and the intention and purpose of your class(es). You also saw how you can fulfil its purpose best by expanding your vocabulary and choosing the language which suits you and your teaching style.

Look at the image: this is the sequence you're going to teach on day 3.

On day 2, you are going to write a script for this sequence. But before you write it, you're going to analyse the sequence so you can define a theme for it, which helps you set its intentions.

One of the good things about using themes is that you can explore the theme and use it in any way that suits you and your teaching style. Your interpretation of this theme will be different from the rest, which means that you'll practise finding your own voice. To help you feel comfortable and confident when teaching, use the words that feel good for you.



## Learn the yoga teaching vocabulary that suits your teaching style.

Today you're going to analyse the sequence you're going to teach at the end of this course and focus on the language you will or would like to use when you teach it.

This will help you reach your goal(s) for the class.

Today is language preparation for what's coming next!