



TOP TEN WAYS TO TEACH AN INCLUSIVE YOGA CLASS

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YOU'RE A STUDENT BEFORE YOU ARE A TEACHER

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#1 YOU'RE A STUDENT BEFORE YOU ARE A TEACHER.

Teach from a humble place. Perhaps a student has brought the gift of knowledge to your class. Be open to that we all learn from one another.



2

#2 BE A BIG THINKER

You don't know what they've been through. Talk about ideas, not people and above all, avoid absolutes. It's easy to unintentionally isolate someone.

YOU'VE GOT TO MOVE IT MOVE IT...



3

#3 YOU'VE GOT TO MOVE IT MOVE IT...

Design a class plan that gets everybody moving. Offer modifications first, before you move them into less forgiving poses.

GET TO CHURCH ON TIME?



4

#4 GET TO CHURCH ON TIME?

Leave religion to the experts. Many westerners still believe that yoga contradicts their faith. Create an environment that is open and available for people to explore their views, whatever they may be.

ALL FOR ONE?



5

#5 ALL FOR ONE?

When addressing the class, address them as a whole. Avoid publicly singling any one person out. It can be helpful to walk near a student and exhibit a pose.

HOLD A SPACE



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#6 HOLD A SPACE

Set an intention for your class. Save a space for them to reflect on their thoughts. Sometimes a quiet moment is what they really need.

AMBIENCE



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#7 AMBIENCE

Create an environment where people can speak. Have you ever been to one of those yoga classes where everyone is standing like a silent statue and afraid to chime in? Leave some air around it.

HANDS ON OR HAND OFF?



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#8 HANDS ON OR HANDS OFF?

Adjust those who give permission only. Often times a yoga class is full of "people pleasers". They want to make you happy. Consider ghost touching them, rather than touching.

Don't assume it's okay to be hands on.

IF YOU'RE NOT EARLY, YOU'RE LATE...



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#9 IF YOU'RE NOT EARLY, YOU'RE LATE.

Have you ever walked into a yoga class and your instructor is totally frazzled? Get there early. Set the stage for your students to be able to approach you.

BUT WHY?



10

#10 BUT WHY?

Tell them what you want from them, and why. To truly motivate someone to do something, you must be able share with them why they want to do it. Point out the benefits of the pose. A good example would be "This pose helps strengthen the back."