



How Best to Learn

Yoga is a way of living, so you will learn philosophy, psychology, spirituality, anatomy, as well as yoga sequences, pose alignment etc. It can feel overwhelming, so to help you learn we have created the below outline. These are really stages as most people will take more than 6 months to complete their training depending on how much time you can put towards the training each month. But, it should give you a useful order of learning to prevent overwhelm. If you follow the videos in order on the platform, attend the live calls and read your handbook, you really can't go wrong.

Month 1 - Learn the sequence

Practice teaching saying just the breath and the pose

E.g. 'Inhale updog'

See 'Sequence' flash card, pages in handbook and watch the 'Bare Bones' video and audios to help you learn.

Month 2 - Learn True North Alignment

Add 1 true north alignment cue into your teaching

E.g. 'Inhale updog, Soften your joints'

See 'True North Alignment' flash card and video

Month 3 - Learn Point to Point

Add point to point into your teaching, this directs people around the mat

E.g. 'Inhale up dog, lift your chest towards the front of the room'

See 'Point to Point' flash card and video

Month 4 - Share

Add some yoga relevant sharing into your classes to create connection

E.g. 'Inhale up dog, This pose helped me feel as though my heart was more open, and that allowed me to feel more of my emotions off the mat'

The best way to create this 'script' is to work through the sequence and write down what each pose as taught you about yourself, this has to come from you!

Month 5 - Positioning

Practice being in the best position for your students, this will require a combination of demonstrating some poses and at times not demonstrating but walking around the room to see the alignment of your students. When demonstrating you must be in a position where they stay in alignment to see you. See 'Positioning' document.

Month 6 - Exam

Practice, practice, practice until you are ready to take your exam! And then once you have passed your exam join the 'Business of yoga' call so you can learn about health and safety, insurance etc.

Optional to add Sanskrit into your teaching. I would suggest doing this after Positioning, as it's a nice add on but is not required for safe teaching. It is important to learn Sanskrit terminology to respect the origins of the practice and the authentic pose names.