



SIX TRAITS OF A GREAT YOGA TEACHER by EXPERIENCED YOGA TEACHERS

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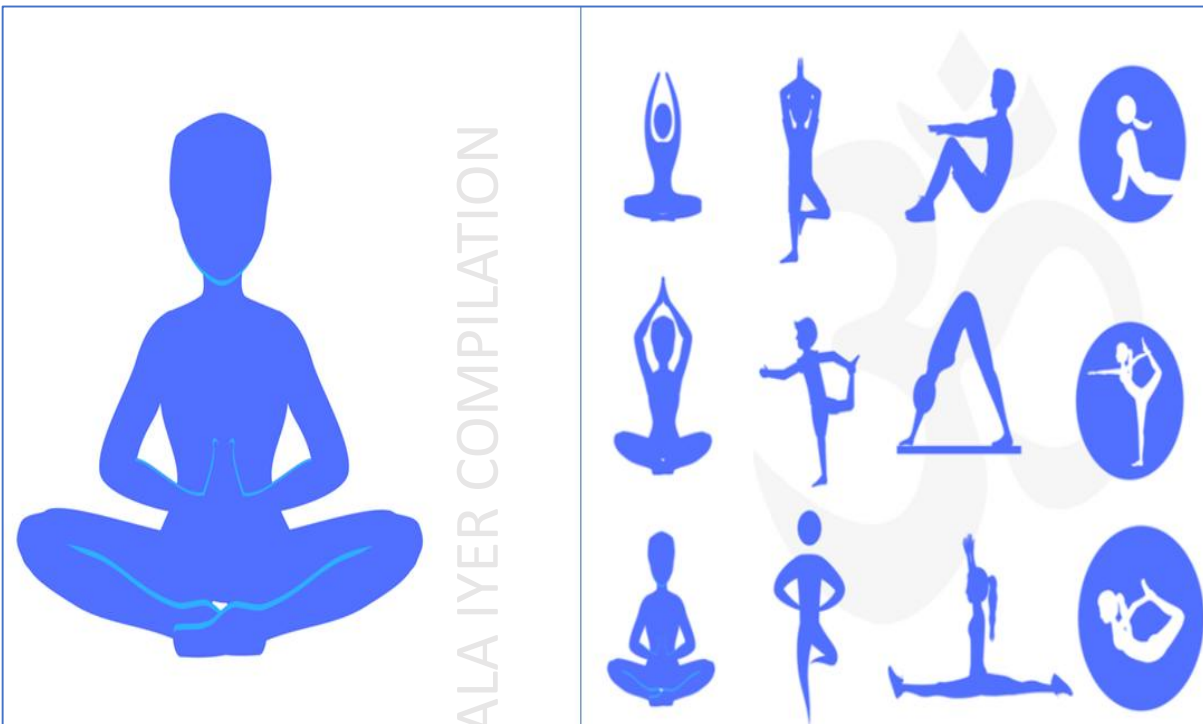
24th May 2018



The world is filled with teachers, you only have to be a good student.

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 1 : Great Teachers check in with their students



Beginning Of Each Class, TAKE A MOMENT TO ASK THEM ABOUT POSSIBLE INJURIES WITH YOUR STUDENTS

It's Common For Teachers To Forget To Do This

It Is Easy To Take CHECKING IN FOR GRANTED, Especially If We've Been Teaching A While And We Have Regular Students

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 1 : Great Teachers check in with their students

THE CORRECT WAY TO ENQUIRE ABOUT INJURIES FROM THE STUDENTS



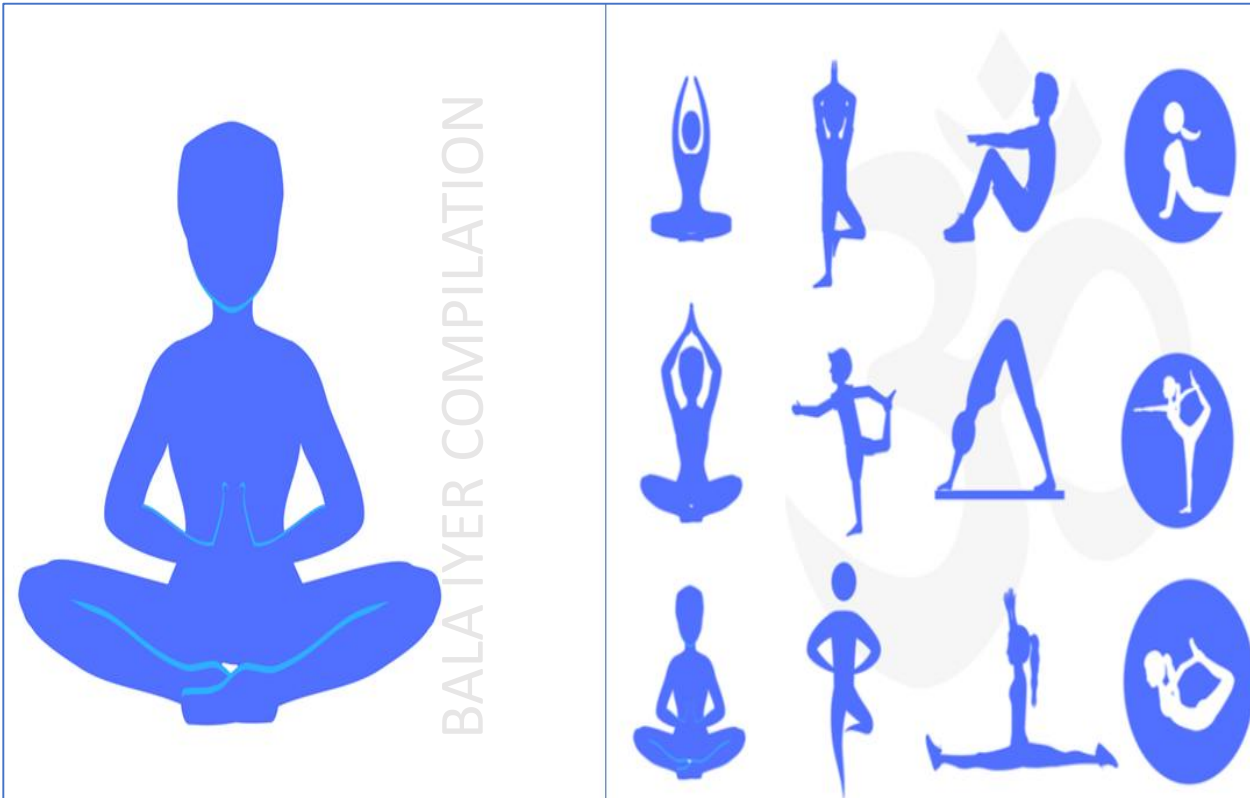
New Yoga Teachers Might Also FEEL NERVOUS Enquiring About Injuries

Helpful To Know Beforehand Which Poses Could Be Adjusted To Enhance The Class Experience For Students Who Want To Avoid Worsening Any Injury

Invite Them To Raise A Hand, Or To Flag You Over During Warm-up Exercises If They Have Any Important Information Or Concerns To Share With You

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 2 : Enjoy the silent moments



Some Yoga Teachers, Especially Those Who Are Fairly New, Tend To Be A Bit SCARED OF SILENCE

As A Result, They May OVERDO INSTRUCTION, Which Can Be Distracting For Students

Common New Teacher Characteristics

Chatter On Incessantly

Feeling Like You Have To Share Everything You Knew About A Pose

Urge To Fill Every Moment Of Class With Information Or “INSPIRATION”

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 2 : Enjoy the silent moments



REALIZE What Creating Silent Moments Could Offer The Students

Understand That Quiet Moments In Class Will Give Students

Opportunity To Listen To Their Bodies To Focus On Their Individual Intentions For Practice

BE BRAVE, TAKE A DEEP BREATH, AND SAVOR THE SILENCE

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 3 : They're Open To Student Suggestions, But Not Afraid To Think Outside The Box:



At The Beginning Of Teaching, Just
DESIGNING A BASIC CLASS Can Feel Daunting
Trying To Come Up With SOMETHING THAT'S
SATISFYING For Your Students Seems To Be
Challenging

Just Need To Give It Time

Once You Start Teaching You'll BEGIN TO
LEARN WHAT YOUR STUDENTS' ASANA
Preferences Are

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Trait 3 : They're Open To Student Suggestions, But Not Afraid To Think Outside The Box:

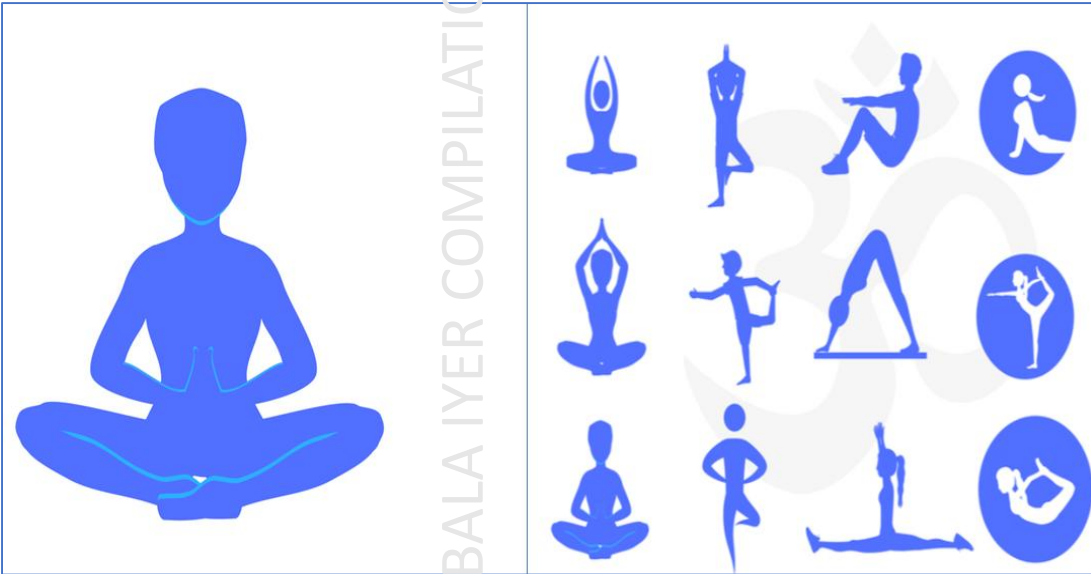


Advanced Students Often Get “TUNNEL VISION” About How To Progress In A Certain Pose Or Achieve Something They Are Working Toward

They Can Be SO FOCUSED ON PARTICULAR POSES That They Start To NEGLECT OTHER AREAS OF THEIR PRACTICE

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 3 : They're Open To Student Suggestions, But Not Afraid To Think Outside The Box:



Be Open To CREATING SEQUENCES BASED ON STUDENTS' PREFERENCES, But Also Be Aware That Challenging Them To Break Out Of Their Asana Comfort Zones Is Important

This Is Almost Always Welcomed

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 4: They're the first To Arrive To Class And The Last To Leave

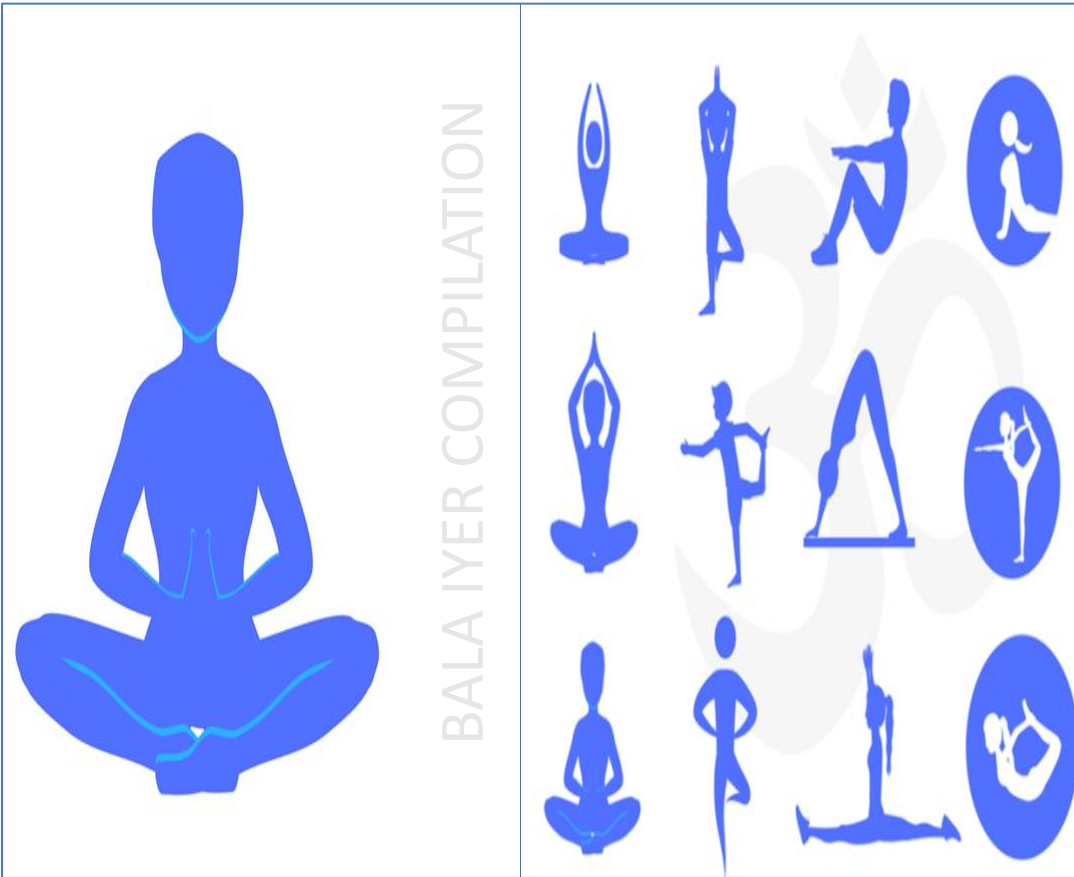


Great Yoga Teachers Take Time To Build Relationships With Their Students

Showing Up Early And Sticking Around After Class Can Open Up Opportunities For Dialogue

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 4: They're the first To Arrive To Class And The Last To Leave



By Engaging With The Students And Addressing Their Questions And Needs, They Become A More Successful Teacher

They Develop A “Following” Based On Mutual Trust And Support

Most Importantly, They Are Able To Offer Students Class Experiences That Can Help Them To Feel More Empowered And Content, Both In And Out Of The Yoga Session

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 5: Great Yoga Teachers Are Present, Not “PERFECT”



They Also Know That Teaching Yoga Isn't About Trying To Fit Into A Mold Of What An Ideal Teacher "Should" Be

They Are Aware That When They Are Teaching To A Room Full Of Students Who Have Different Needs And Intentions For Practice, They May Be Required To Wear Many Hats

Good Teachers Are Very Aware- They Sense When Students Don't Want Or Need An Anatomy Lesson Or Tons Of Alignment Cues In Class

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 5: Great Yoga Teachers Are Present, Not “PERFECT”



Great Teachers Feel The Need Of The Students And Align Themselves To When Students Want A Fun Sequence, Less Talk, And More Space To Feel And Move And Breathe

Great Teachers Are Open To What The Students In Front Of Them Require And Desire, Moment To Moment

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 6: **He/She Should Not Be Biased With Co-teachers Or Students**



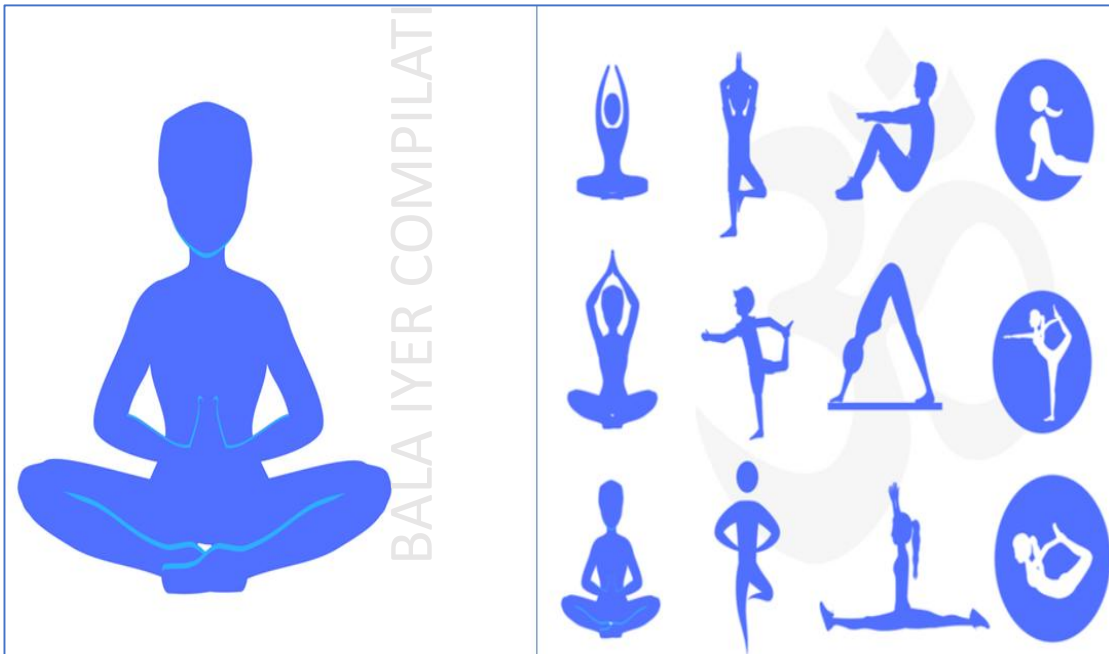
A Good Yoga Teacher Respects Others Teachers Also

Is Fully Aware They Will Not Project That They Know Better

Great Teachers Help Co-teacher Who Is New To Yoga Rather Being Rude Towards Them

SIX TRAITS OF GREAT YOGA TEACHERS by Experienced YOGA Teachers :

Trait 6: He/She Should Not Be Biased With Co-teachers Or Students



Good Teachers Ensure That Equal Opportunity Is Provided To Every Member Of The Team

Ensure That All Are Treated Equally And Leave No Room For Creating An Impression That They Are Biased

SIX TRAITS OF A GREAT YOGA TEACHER by EXPERIENCED YOGA TEACHERS



Everyone is my teacher.

Some I seek.

Some I subconsciously attract.

Often I learn simply by observing others.

Some may be completely unaware that I'm learning from them, yet I bow deeply in gratitude



BALA IYER COMPILATION

1. Great Teachers Check In With Their Students
2. They Enjoy The Silent Moments
3. They're Open To Student Suggestions, But Not Afraid To Think Outside The Box
4. They're The First To Arrive To Class And The Last To Leave
5. Great Yoga Teachers Are Present, Not "Perfect."
6. He/She Should Not Be Biased With Co-teachers Or Students



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HARI OM



The world is filled with teachers, you only have to be a good student.

