



10 Things You Need to Know About Being a Yoga Teacher

Objectives are to help you:

- Gain a better understanding of the roles and responsibilities you have as a yoga teacher (in addition to what you learned in your Yoga Teacher Training)
- Understand the importance of Commitment when teaching yoga
- Strategize what you would do when the unexpected happens during a yoga class

Two Truths and a Lie

Allison, Sheri, and John share stories about something that happened in a yoga class and how they responded as the yoga teacher. Two of the stories actually happened. One is a lie. Can you tell who is telling the truth and who is lying? For each scenario, please do the following:

- Determine which of the stories is a lie (did not really happen).
- Note where the 4 As show up in the story (See notes on 4 As below).
- Write down what YOU would do if you were in this scenario.

Scenario #1 | Allison: "The Bike Accident"

Is this story TRUE or is it a LIE? (circle one)

What would you do in this scenario?

Scenario #2 | Sheri: "Now THAT's Alarming!!"

Is this story TRUE or is it a LIE? (circle one)

What would you do in this scenario?

Scenario #3 | John and “The Heart Attack”

Is this story TRUE or is it a LIE? (circle one)

What would you do in this scenario?

The 4 A's to Help You Know What to Do When Stuff Happens

- **Acknowledge** -- What needs your attention?
- **Assess** -- What are your options to handle the unexpected?
- **Act** -- Make a decision and adjust along the way.
- **Analyze & Applaud** -- Reflect on what happened and how you handled it.
What did you do well? What would you do differently?

Action Steps (examples):

- Come up with 1 - 3 scenarios that have happened or could happen when teaching yoga.
- Go through the 4 A's to brainstorm what you may do next time.
- Review the 10 Things You Need to Know See handout on page 3.
- Determine how the 3 areas of Commitment (students, teachers & studio, yourself) show up in your teaching practice. See handout on page 3.

Material taken from, [*Standing Room Only: How to be THAT Yoga Teacher*](#)^{*}, which is available in paperback on Amazon (\$19.99).

^{*} This is an Amazon Affiliate link, which doesn't change the price, but earns us a small fee.



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For more, please see Pillar 4: Commitment in [Standing Room Only: How to be THAT Yoga Teacher](#)

It's astounding how many different situations you will face when teaching yoga...some that may catch you off guard. Your Commitment as a practitioner and as a teacher will help you handle whatever comes your way. Here are three main areas of Commitment to consider:

- **Commitment to your STUDENTS:**

1. Prepare for and deliver great yoga classes. (arrive early and plan to stay 10 minutes late, start/end on time, have a plan, adjust accordingly, special touches, themes, etc.).
2. Help your students while staying in your "yoga lane."
3. Teach to all with compassion in diverse and meaningful ways. Acknowledge the diversity of your students (cultural, language, physical abilities, various sizes, shapes, strength, flexibility and fitness levels, etc), know modifications and how to use props, use appropriately sensitive language.

- **Commitment to your TEACHING TEAM and STUDIO/FITNESS FACILITY:**

4. Provide a great experience for your students so each one feels at home in the studio and in your classes.
5. Be a good team player on your yoga teaching team (help even when not teaching, sub for your fellow teachers, leave the studio ready for the next class, promote the studio, customer service, uphold culture and standards).
6. Understand and implement your studio's safety protocols, maintain CPR certifications, etc.

- **Commitment to YOURSELF on your yoga teaching journey by:**

7. Maintain your own yoga practice (self-care).
8. Handle mistakes -- both technically and with yourself (compassion).
9. Take care of the technical, important components of teaching (insurance, continuing education, certifications, etc.).
10. Bring AUTHENTICITY into your teaching practice!

Resources:

- [Standing Room Only: How to be THAT Yoga Teacher: The 5 Pillars of Powerful Teaching from the Root To Rise Yoga Teaching Method](#), 216-page paperback (Amazon Affiliate Link)
- [My Yoga Journal](#) and [other yoga books](#) by John Cottrell
- [Yoga Teacher Conf.com](#) information
- [BeYogi Insurance](#)
- **Previous Yoga Alliance Webinars** (available for Continuing Education Credits):
 - [How to Stand Out as a Yoga Teacher](#)
 - [How to Get Hired as a Yoga Teacher](#)

