

Secrets of Teaching Yoga

What you are about to read applies to teaching, in general. In fact, we are all teachers, to some degree. You teach your friends, co-workers, strangers and family members on a daily basis.

The example you set teaches someone in some way. Whether you are a positive role model, or not, people, and the world, react to you. Sorry to say, you have more responsibility than you thought possible.

Do you realize that when you hurt one person, it will set a chain of events into motion? Even worse is that, most violent acts were stimulated by smaller, seemingly unimportant events.

When you talk to your students, always show mutual respect. Don't take advantage of your position as a Yoga teacher to temporarily feed your ego.

The first thing a Yoga teacher should instill, in his or her students, is self-motivation. The serious Yoga student must be a self starter. This is a person who practices Yoga at home, as well as in class. They don't depend on their friends to come to class, and they show up like "clockwork."

How can you make your Yoga students become self motivators?

You must show up to class early, enthused, and energized. Encourage all of your students and sincerely praise their achievements. The truth is, Yoga is like music, you can teach a student the basics, but to be a master teacher, you want to stir the creativity from within.

When your students become creators, you can help them refine their Yoga practice and watch them become self motivators.

A truly great teacher will produce teachers, who surpass him or her; and isn't "passing the torch" what it's all about?

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About the Author

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