

## Follow up on New Concepts with Action

This is good advice for Yoga teachers and students alike.

Unfortunately, you cannot progress without implementing new ideas, changing systems, or generating action. You have to accept evolution of ideas and be willing to leap forward. "Sitting on your laurels," will make you lazy and stale.

New ideas come from a variety of resources - your teachers, mentors, coaches, students, books, videos, and many more directions. If you don't write them down, they will be forgotten. Then you must put them in an area where you will refer back to them.

Hopefully, this is an area that you will visit often. Good places to store valuable notes are: On your desk top, in a personal journal, or on your palm pilot. Refer back to your notes often and start setting realistic goals.

The next step is to put them into action, and monitor your progress. Otherwise, you have wasted your time, your coach's time, and your money.

Source: <http://www.articlecircle.com>

### About the Author

Paul Jerard, is a co-owner and the director of Yoga teacher training at Aura Wellness Center in North Providence RI. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors in Providence. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher.