

*The two minutes before you **teach***

How you walk in sets the first ten minutes, more than the plan does. Two minutes is long enough to put the day down first.

YOGA PROS

Handout 01 · goes with the Learning Hub article of the same name



◆ HANDOUT 01

Inside this handout

How you walk in sets the first ten minutes, more than the plan does. Two minutes is long enough to put the day down first.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- Coming straight from work or the school run to a 7pm class
- Two classes back to back, with no real gap between them
- Any night the day is still loud in your head at the door

◆ THE PRACTICE

Step by step

01 Stand still

Thirty seconds. Feet flat, shoulders down, before you touch anything else.

02 Slow the breath

In through the nose for four, out for six. Eight to ten rounds, and let the exhale do the work.

03 Choose one point

The first sentence you'll say, or one student to greet by name. Walk in holding it.

04 Same spot every time

The car, or the quiet end of the corridor. The place starts doing half the work for you.

◆ YOUR PAGE

Write it *down*

Where I'll take my two minutes at my regular venue:

The thing that already happens that I'll hook it to (room set up, phone on silent):

The one thing I'll walk in holding this week:

◆ BEFORE YOU FINISH

-
- ☐ Ran the sequence once at home with a timer
 - ☐ Picked my spot at my regular venue
 - ☐ Hooked it to something that already happens
 - ☐ Used it before every class this week
 - ☐ Noticed how the first ten minutes felt
-

YOGA PROS

This handout supports the article ‘The two minutes before you teach’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- After the class that didn't land
- A morning practice that isn't for your students

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

This guidance is for general awareness and professional orientation. It is not a substitute for professional legal, tax, or insurance advice specific to your individual situation.

