

After the class that didn't land

*A ten-minute close-down for the class that didn't land, so
one flat Tuesday doesn't get to write the whole week.*

YOGA PROS

*Handout 02 · goes with the Learning Hub article of the same
name*



◆ HANDOUT 02

Inside this handout

A ten-minute close-down for the class that didn't land, so one flat Tuesday doesn't get to write the whole week.

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◆ 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

- The hour straight after a class that fell flat
- The night you catch yourself re-teaching it in bed
- A quiet stretch when one flat class starts to feel like proof of something

◆ THE PRACTICE

Step by step

01 Move first

Two minutes of walking or shaking out before you review a thing. The spiral needs a still body.

02 Breathe out longer

Ten rounds, exhale longer than the inhale. The same breath you'd give a wired student.

03 Name it plainly

Once, out loud if you're on your own: that one didn't land. Ordinary words take the charge out of it.

04 Two lines only

One line of what actually happened, one small change for next week. That's the whole entry.

05 Shut the book

The class ends when the notebook closes. Not at two in the morning.

◆ YOUR PAGE

Write it *down*

What actually happened, facts only:

One change for next week:

A cause that wasn't me:

◆ BEFORE YOU FINISH

☐ Moved for two minutes before judging anything

☐ Ten slow rounds, exhale longer than the inhale

☐ Said it plainly, once

☐ Wrote the fact and the change, nothing more

☐ Closed the notebook and left the class in it

YOGA PROS

This handout supports the article ‘After the class that didn’t land’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The two minutes before you teach
- What counts as a good class — rewritten

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapropros.com/learning-hub

This handout is professional-development reflection, not therapy. If things feel heavy right now, talking to your GP or a qualified counsellor is a stronger move than any worksheet. 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.

