

The question you teach from

There's a question running under your teaching, one you've never once said out loud. Catch it, then choose a steadier one to teach from.

YOGA PROS

Handout 03 · goes with the Learning Hub article of the same name



◆ HANDOUT 03

Inside this handout

There's a question running under your teaching, one you've never once said out loud. Catch it, then choose a steadier one to teach from.

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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

- When the same doubt fires however well the class went
- The third time you rewrite a plan that was fine the first time
- Before teaching with another teacher, or your old trainer, in the room

◆ THE PRACTICE

Step by step

01 Catch it

After each of your next three classes, jot down the question that ran loudest under the hour.

02 Write it in full

Exactly as it runs, no tidying. Seeing it written does half the work.

03 Test where it points

At you, or at the room. And whether it could ever really be answered.

04 Choose the replacement

One question that faces the students and can be answered tonight.

05 Keep it visible

Top of the class plan, every week, until it's the one that fires first.

◆ YOUR PAGE

Write it *down*

The question I've been teaching from:

Where it came from, as far as I can tell:

The question I'm choosing instead:

◆ BEFORE YOU FINISH

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- ☐ Caught the question after three classes
 - ☐ Wrote it out in full, untidied
 - ☐ Tested where it points
 - ☐ Put the replacement at the top of my class plan
 - ☐ Noticed the old one mid-class and came back
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YOGA PROS

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

RELATED READING ON THE LEARNING HUB

- What counts as a good class — rewritten
- The inner critic has a job description

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