

Energy is part of the job

Your body is the instrument every class runs on, and nobody services it. Five dull levers that do, each with real evidence behind it.

YOGA PROS

Handout 11 • goes with the Learning Hub article of the same name



◆ HANDOUT 11

Inside this handout

*Your body is the instrument every class runs on, and nobody services it.
Five dull levers that do, each with real evidence behind it.*

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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 stretch of term when every class takes more than it gives back
- Coming back after illness, or after a heavy season
- Before you say yes to one more slot on the timetable

◆ THE PRACTICE

Step by step

01 Fix the wake time

Same time every morning for a fortnight, teaching day or not. The anchor matters more than the bedtime.

02 Ten minutes of daylight

Outside, before the phone, cloud or no cloud. Morning light sets the body clock.

03 Move off duty

One hour a week where you're nobody's teacher and cueing no one.

04 Carry water

A full bottle in the bag, refilled between classes. Concentration dips before thirst ever speaks up.

05 Two minutes of breath

Parked outside the venue, exhale longer than the inhale. Your own tool, and it works within minutes.

◆ YOUR PAGE

Write it *down*

The wake time I'm holding for the next fortnight:

My off-duty movement hour this week:

Where the two minutes of breath will live between classes:

◆ BEFORE YOU FINISH

☐

Wake time fixed

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Daylight before the phone

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Off-duty movement booked

☐

Bottle in the bag

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Breath spot chosen

YOGA PROS

This handout supports the article ‘Energy is part of the job’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- Who looks after the teacher?
- 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.

