

*"There's no money in yoga" — the cost of the **sentence***

Repeat a line often enough and it starts to sound like weather. This page weighs what believing it has cost your teaching against what your own record says instead.

YOGA PROS

Handout 14 · goes with the Learning Hub article of the same name



◆ HANDOUT 14

Inside this handout

Repeat a line often enough and it starts to sound like weather. This page weighs what believing it has cost your teaching against what your own record says instead.

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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 week somebody says it near you and it lands
- When a fee review or a new class idea keeps sliding, with no real reason given
- Before you settle anything about next term with the sentence still in the room

◆ THE PRACTICE

Step by step

01 Quote it

Write the sentence in quotation marks at the top of the page. In quotes, it reads as a claim, not a fact.

02 List the cost

Note what it's already decided for you, with rough dates. Ten minutes, no editing.

03 Be fair to it

Add what believing it has kept you safe from. A belief that costs this much is usually guarding something.

04 Find counter-evidence

Write one piece you already own: a class that's held its regulars, or a venue that asks for you by name.

05 Name the decision

Finish with the one decision you'd make this term if the sentence weren't true.

◆ YOUR PAGE

Write it *down*

What this sentence has already decided for me...

The counter-evidence I already own...

The decision I'd make this term if it weren't true...

◆ BEFORE YOU FINISH

☐ Sentence written in quotation marks, not in stone

☐ Costs listed out, rough dates and all

☐ Fairness column filled in

☐ One piece of counter-evidence written down

☐ First small step given a date

YOGA PROS

This handout supports the article “There’s no money in yoga” — the cost of the sentence’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ What you charge is a sentence you wrote

➤ The quiet month

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.com/learning-hub

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