

After the course high

Courses end and Tuesday comes back, and nobody warns you how fast. A fortnight is enough to keep one real thing, as long as you write the plan while the glow's still warm.

YOGA PROS

Handout 19 · goes with the Learning Hub article of the same name



◆ HANDOUT 19

Inside this handout

*Courses end and Tuesday comes back, and nobody warns you how fast.
A fortnight is enough to keep one real thing, as long as you write the plan
while the glow's still warm.*

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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 you get home from a course or retreat, CPD included
- When last month's course notebook is still in the bag
- When you're booking the next course mostly to feel that feeling again

◆ THE PRACTICE

Step by step

01 **Pick one thing**

Choose a single practice from the course and let the rest live in the notebook.

02 **Write the plan**

One sentence with its moment named: after the school run, ten minutes in the front room.

03 **Set the floor**

Write a worst-day version small enough to keep when the boiler breaks.

04 **Start inside 48 hours**

The glow is fuel and it has a shelf life. Begin before the old week closes over.

05 **Decide at the fortnight's end**

Ten minutes with the notebook to choose what stays, and at what dose.

◆ YOUR PAGE

Write it *down*

The one practice I'm keeping:

My plan sentence, with its after and its where:

My worst-day floor:

◆ BEFORE YOU FINISH

☐ One practice chosen, the rest left in the notebook

☐ Plan sentence written and visible

☐ Floor version written next to it

☐ Started within 48 hours of getting home

☐ End-of-fortnight review in the diary

YOGA PROS

This handout supports the article ‘After the course high’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- You qualified. When do you feel like a teacher?
- A morning practice that isn’t for your students

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

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