

*The two minutes before you **teach***

How you walk in sets the first ten minutes, more than the plan does. Two minutes is long enough to put the day down first.

YOGA PROS

Handout 01 · goes with the Learning Hub article of the same name



◆ HANDOUT 01

Inside this handout

How you walk in sets the first ten minutes, more than the plan does. Two minutes is long enough to put the day down first.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- Coming straight from work or the school run to a 7pm class
- Two classes back to back, with no real gap between them
- Any night the day is still loud in your head at the door

◆ THE PRACTICE

Step by step

01 Stand still

Thirty seconds. Feet flat, shoulders down, before you touch anything else.

02 Slow the breath

In through the nose for four, out for six. Eight to ten rounds, and let the exhale do the work.

03 Choose one point

The first sentence you'll say, or one student to greet by name. Walk in holding it.

04 Same spot every time

The car, or the quiet end of the corridor. The place starts doing half the work for you.

◆ YOUR PAGE

Write it *down*

Where I'll take my two minutes at my regular venue:

The thing that already happens that I'll hook it to (room set up, phone on silent):

The one thing I'll walk in holding this week:

◆ BEFORE YOU FINISH

-
- ☐ Ran the sequence once at home with a timer
 - ☐ Picked my spot at my regular venue
 - ☐ Hooked it to something that already happens
 - ☐ Used it before every class this week
 - ☐ Noticed how the first ten minutes felt
-

YOGA PROS

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

RELATED READING ON THE LEARNING HUB

- After the class that didn't land
- 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.



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.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

theyogapro.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.



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.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- ☐ 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

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

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.



What counts as a good class — rewritten

*If a good class needs a full room, February wins every time.
Move the bar onto ground you actually control.*

YOGA PROS

*Handout 04 • goes with the Learning Hub article of the same
name*



◆ HANDOUT 04

Inside this handout

If a good class needs a full room, February wins every time. Move the bar onto ground you actually control.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- Driving home flat from a class that was, by any fair reading, fine
- Comparing tonight's seven with spring's twelve
- When a quiet month starts to read as a verdict

◆ THE PRACTICE

Step by step

01 Write the old rule

Finish it honestly on paper: 'a class counts as good when...'. Keep the clauses you're not proud of.

02 Mark what you control

Cross out every condition set by the weather or by anyone who isn't you.

03 Write the new conditions

Two or three, all yours to meet on the night, all possible to observe.

04 Read, don't score

Top of the class plan for a fortnight. The definition works by being in the room.

05 Review each term

Rules age. Check this one still fits the teacher you've become.

◆ YOUR PAGE

Write it *down*

My old rule, written out honestly:

My rewritten conditions:

◆ BEFORE YOU FINISH

☐ Wrote the old rule in full, ugly clauses included

☐ Crossed out what I don't control

☐ Wrote two or three conditions that are mine

☐ Read them before every class this fortnight

☐ Put a term-end review date in the diary

YOGA PROS

This handout supports the article ‘What counts as a good class — rewritten’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- After the class that didn't land
- The question you teach from

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.



*You qualified. When do you feel like a **teacher**?*

*The certificate came in a day. The feeling takes longer.
That gap is normal, and the teaching you're already doing
is what closes it.*

YOGA PROS

*Handout 05 · goes with the Learning Hub article of the same
name*



◆ HANDOUT 05

Inside this handout

The certificate came in a day. The feeling takes longer. That gap is normal, and the teaching you’re already doing is what closes it.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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 'I'm a yoga teacher' still arrives with a qualifier stuck to it
- When you're waiting to feel ready before you'll approach a studio
- When a room of experienced teachers leaves you feeling like a visitor

◆ THE PRACTICE

Step by step

01 Name the gap

The wobble is an identity lag. Every teacher you admire stood in it once.

02 Say the sentence

Once today, without a qualifier: I'm a yoga teacher, and I teach on my day, at my place.

03 File the evidence

After each class, one line in your phone about something that worked.

04 Borrow some company

Ask one working teacher how long it took them, and believe the answer.

◆ YOUR PAGE

Write it *down*

The qualifier I keep attaching to my teaching is...

Two recent moments that only a teacher could have had...

The sentence I'll say instead: I'm a yoga teacher, and I teach...

◆ BEFORE YOU FINISH

-
- ☐ Said the sentence out loud without a qualifier
 - ☐ One line of evidence written after each class this week
 - ☐ Caught the word 'just' at least once and let it pass
 - ☐ Asked one teacher about their own gap
 - ☐ Training and hours written down where someone could see them
-

YOGA PROS

This handout supports the article ‘You qualified. When do you feel like a teacher?’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The inner critic has a job description
- Your teaching story, told properly

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.



The inner critic has a job description

The nervous voice before class is doing a job, badly. Hear it out. Then teach the hour yourself.

YOGA PROS

Handout 06 • goes with the Learning Hub article of the same name



◆ HANDOUT 06

Inside this handout

The nervous voice before class is doing a job, badly. Hear it out. Then teach the hour yourself.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- In the minutes before class, when the commentary starts
- After a quiet class, when prediction turns into verdict
- Before teaching peers, mentors, or anyone holding a clipboard

◆ THE PRACTICE

Step by step

01 Name it

When the commentary starts, say inwardly: that's the critic clocking in.

02 Write the job description

Ten minutes on paper: what it's protecting you from, and roughly when it was hired.

03 Take the note

If one worry is genuinely useful, act on it. Leave the rest of the catastrophe behind.

04 Hand over the hour

One slower breath out, attention to the faces in the room, and the critic rides along without the microphone.

05 Review kindly

After class, one sentence on what went well before any review of what didn't.

◆ YOUR PAGE

Write it *down*

The two lines my critic repeats most...

What it is actually trying to protect me from...

What I would say to a colleague who taught the class I just taught...

◆ BEFORE YOU FINISH

- ☐ Critic's two lines written down word for word
- ☐ Job description drafted
- ☐ Named it once before class without arguing back
- ☐ One useful note taken, the rest left
- ☐ Post-class sentence written before any self-review

YOGA PROS

This handout supports the article ‘The inner critic has a job description’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The question you teach from
- You qualified. When do you feel like a teacher?

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.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.



*Your teaching story, told **properly***

Your career didn't start the day you qualified. Give it half an hour with a pen, and you'll see the whole arc you've already lived, chapter one and all.

YOGA PROS

Handout 07 · goes with the Learning Hub article of the same name



◆ HANDOUT 07

Inside this handout

Your career didn't start the day you qualified. Give it half an hour with a pen, and you'll see the whole arc you've already lived, chapter one and all.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- Rewriting a bio or a studio application
- When your career feels like it began at your training course
- When a student asks how you came to teaching

◆ THE PRACTICE

Step by step

01 Set the chapters

Five or six headings for your teaching life, with chapter one before your training.

02 Mine each chapter

One line per chapter: what was going on, and what it taught you that you still use.

03 Find the through-line

Read the page and look for the same care showing up in years that had nothing to do with yoga.

04 Rewrite the opening

The first sentence of your bio starts where the story starts, in under twenty-five words.

05 Count the arc

Total your training and teaching hours, and write them where you'll see them.

◆ YOUR PAGE

Write it *down*

Chapter one of my teaching life actually begins...

The through-line I can see across the chapters...

My bio's new first sentence...

◆ BEFORE YOU FINISH

☐ Chapters written, the first one set before training

☐ One learning line under each chapter

☐ Through-line named

☐ Bio opening rewritten

☐ Hours counted and recorded

YOGA PROS

This handout supports the article ‘Your teaching story, told properly’ — 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?

➤ Gratitude with a spine

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.



Who looks after the teacher?

You hold the room. The question is who holds you. Care of the teacher is part of the job, and it builds like the rest of it.

YOGA PROS

Handout 08 • goes with the Learning Hub article of the same name



◆ HANDOUT 08

Inside this handout

You hold the room. The question is who holds you. Care of the teacher is part of the job, and it builds like the rest of it.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- At the end of a teaching day that emptied you
- When your own practice keeps being the first thing cut
- Each term, before the timetable gets rebuilt

◆ THE PRACTICE

Step by step

01 Take the audit

List everything that currently looks after you as a teacher; a short list is information, and it isn't a verdict.

02 Book the hour

One weekly practice hour that belongs to you, in the diary like a class, never taught by you.

03 Keep one peer close

A standing fortnightly call with one teacher who knows what a flat Tuesday feels like.

04 Read the timetable

Once a term, look at your schedule the way you'd read a student's posture: where the load is landing.

05 Check the floor

Insurance current, and someone you could call if a class went wrong.

◆ YOUR PAGE

Write it *down*

What currently looks after me as a teacher...

The hour that becomes mine each week...

The teacher I'll set a standing call with...

◆ BEFORE YOU FINISH

☐

Audit list written

☐

Weekly hour booked

☐

Standing call arranged

☐

Termly timetable review dated

☐

Insurance and cover confirmed current

YOGA PROS

This handout supports the article ‘Who looks after the teacher?’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ Energy is part of the job

➤ Teaching is what you do. It isn't everything you are

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.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.



*Teaching is what you do. It isn't everything you **are***

Teaching quietly ends up holding your whole week. Then one thin class shakes the lot. A page for spreading the weight.

YOGA PROS

Handout 09 • goes with the Learning Hub article of the same name



◆ HANDOUT 09

Inside this handout

Teaching quietly ends up holding your whole week. Then one thin class shakes the lot. A page for spreading the weight.

01	When to use this The moments this practice is for	<i>page 2</i>
02	The practice Step by step, small and specific	<i>page 2</i>
03	Your page Space to write — keep it, date it	<i>page 3</i>
04	Before you finish A short checklist to close the loop	<i>page 3</i>
05	Related reading Where to go next on the Learning Hub	<i>closing page</i>

◆ 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

- After a quiet class that hit harder than the numbers deserved
- When a cut slot or a studio change lands as personal
- When every plan in your diary routes through teaching

◆ THE PRACTICE

Step by step

01 Draw the load map

Write 'teaching' in the middle of a page, then put down honestly everything it carries for you beyond the craft.

02 Find the overloaded need

Circle the one thing on the page with no other home in your life.

03 Name a second home

Pick one other place that need could live, small enough to start this week.

04 Book the first step

Put it in the diary now, or it quietly won't happen.

05 Reread before judging

After the next quiet class, read the page again before you decide what the numbers meant.

◆ YOUR PAGE

Write it *down*

Beyond the teaching itself, my classes are quietly carrying:

The one need I've been asking teaching to meet on its own is:

Its second home, starting this week:

◆ BEFORE YOU FINISH

- ☐ Load map drawn
- ☐ Overloaded need circled
- ☐ Second home chosen
- ☐ First step booked this week
- ☐ Page reread after a quiet class

YOGA PROS

This handout supports the article ‘Teaching is what you do. It isn’t everything you are’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- Who looks after the teacher?
- The room you grow in

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.



The quiet month

January fills, August empties, and neither is a verdict on your teaching. A page for reading your year as seasons and giving each quiet month a job.

YOGA PROS

Handout 10 · goes with the Learning Hub article of the same name



◆ HANDOUT 10

Inside this handout

January fills, August empties, and neither is a verdict on your teaching. A page for reading your year as seasons and giving each quiet month a job.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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 attendance halves and the story starts writing itself
- Planning the summer before it arrives
- Any quiet stretch that's started to feel like a verdict

◆ THE PRACTICE

Step by step

01 Draw the year

One page, January to December; mark the months you already know run full and the ones that run thin.

02 Name the causes

Beside each thin month, write its most likely cause, school terms and holidays first.

03 Give winter a job

Decide what your next quiet month is for, and book one concrete thing into it now.

04 Pre-write the sentence

Before the dip lands, write where you'll see it: quiet because it's August, and for no other reason.

05 Keep January's evidence

When the room's full, write down what it looked like; you'll want the proof later in the year.

◆ YOUR PAGE

Write it *down*

My full months, from what I've already seen:

My thin months, and their most likely causes:

My next quiet month's one job:

◆ BEFORE YOU FINISH

- ☐ Year sketched on one page
- ☐ Thin months matched to causes
- ☐ Quiet month given a job
- ☐ One thing booked into it
- ☐ Reappraisal line written where I'll see it

YOGA PROS

This handout supports the article ‘The quiet month’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ Who looks after the teacher?

➤ Teaching is what you do. It isn't everything you are

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.



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.*

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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
- ☐ Daylight before the phone
- ☐ Off-duty movement booked
- ☐ Bottle in the bag
- ☐ 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

theyogaprofessionals.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.



A morning practice that isn't for your students

Practice quietly turned into preparation the day you started teaching. Ten morning minutes to take back and keep.

YOGA PROS

Handout 12 • goes with the Learning Hub article of the same name



◆ HANDOUT 12

Inside this handout

*Practice quietly turned into preparation the day you started teaching.
Ten morning minutes to take back and keep.*

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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 every practice has quietly become a rehearsal for someone else's
- When mornings start with the phone and someone else's agenda
- When the teaching feels dry and you can't say why

◆ THE PRACTICE

Step by step

01 Sit before the phone

Same spot, same trigger, mat or cushion already waiting from the night before.

02 Breathe first

A few minutes with the exhale longer than the inhale. Pranayama, before anything else gets into the day.

03 Move unplanned

If the body wants to move, let it. Nothing sequenced, nothing you'd ever teach on a Saturday.

04 Say the sankalpa

One present-tense sentence, plain words, kept for a season. It doesn't have to mention teaching at all.

05 Close with gratitude

One specific line, noticed or written down. Occasional and specific beats daily and vague.

◆ YOUR PAGE

Write it *down*

My sankalpa for this season, one plain present-tense sentence:

My spot, and the trigger that starts it:

This morning's one line of gratitude:

◆ BEFORE YOU FINISH

- ☐ Spot chosen, mat out the night before
- ☐ Phone in another room
- ☐ Breath before movement
- ☐ Sankalpa written and kept
- ☐ Three-breath floor used on the bad days, and counted

YOGA PROS

This handout supports the article ‘A morning practice that isn’t for your students’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ The two minutes before you teach

➤ Gratitude with a spine

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.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.



What you charge is a sentence you wrote

Your fee started life as a sentence, written years ago under beliefs about yoga and worth you'd never hand to a student. This is the page where you redraft it.

YOGA PROS

Handout 13 • goes with the Learning Hub article of the same name



◆ HANDOUT 13

Inside this handout

Your fee started life as a sentence, written years ago under beliefs about yoga and worth you'd never hand to a student. This is the page where you redraft it.

01	When to use this The moments this practice is for	<i>page 2</i>
02	The practice Step by step, small and specific	<i>page 2</i>
03	Your page Space to write — keep it, date it	<i>page 3</i>
04	Before you finish A short checklist to close the loop	<i>page 3</i>
05	Related reading Where to go next on the Learning Hub	<i>closing page</i>

◆ 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

- Before you set a rate for a new term, or a new venue
- When an apology slips out ahead of the number
- When the fee has outlived the beliefs you set it under

◆ THE PRACTICE

Step by step

01 Catch the sentence

Finish the line 'I charge what I charge because...' and keep going past the first tidy answer.

02 Test it

Read it back as though a teacher you respect wrote it about their own work. Mark where you'd argue.

03 Draft the revision

Write the sentence you'd want that teacher to charge by, one that names what the fee holds up.

04 Review one fee

At the next natural moment, a new term or a new venue, hold one fee up against the revised sentence.

◆ YOUR PAGE

Write it *down*

I charge what I charge because...

Reading it back as a colleague, the bit I'd challenge is...

The revised sentence I'll stand behind...

◆ BEFORE YOU FINISH

- ☐ Current sentence written out, honestly
- ☐ Read back through a respected colleague's eyes
- ☐ Revised sentence drafted
- ☐ One fee picked for review
- ☐ Review moment named and put in the diary

YOGA PROS

This handout supports the article ‘What you charge is a sentence you wrote’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

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

➤ One page that holds your year

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.



*"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.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

theyogapropros.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.



Comparison is not research

Twenty minutes on a feed can undo a good evening. The signals that belong to your teaching are quieter. Give them a week, and they beat any scroll.

YOGA PROS

Handout 15 • goes with the Learning Hub article of the same name



◆ HANDOUT 15

Inside this handout

Twenty minutes on a feed can undo a good evening. The signals that belong to your teaching are quieter. Give them a week, and they beat any scroll.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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 night a scroll ends in wondering why you bother
- When you catch yourself calling it market research
- Before you change your plans because of somebody's highlight reel

◆ THE PRACTICE

Step by step

01 Name the mismatch

When comparison lands, say what's actually on the table: their highlight reel against your ordinary Thursday.

02 Choose your signals

Pick measures that belong to your teaching: who comes back, what gets asked for, whether your own practice happened.

03 Gather a week

Track the signals for a full week before you pass any verdict on where you are.

04 Audit the feed

Keep the accounts that teach you something. Mute the ones that reliably leave you smaller.

05 Read yours first

At the end of the week, read your own signals before you open anyone else's.

◆ YOUR PAGE

Write it *down*

The three signals I'm tracking this week...

What the week's evidence actually said...

Accounts I'm muting, no apology...

◆ BEFORE YOU FINISH

☐ Three signals written down on paper

☐ A full week of evidence gathered

☐ Feed audit done, ten minutes

☐ Muted whatever shrinks me

☐ Own signals read before anyone else's

YOGA PROS

This handout supports the article ‘Comparison is not research’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- One page that holds your year
- Your teaching story, told properly

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.



Gratitude with a spine

The version of gratitude the research backs, including its hard form: naming what a difficult season built in you, without pretending it wasn't hard.

YOGA PROS

Handout 16 • goes with the Learning Hub article of the same name



◆ HANDOUT 16

Inside this handout

The version of gratitude the research backs, including its hard form: naming what a difficult season built in you, without pretending it wasn't hard.

01	When to use this The moments this practice is for	<i>page 2</i>
02	The practice Step by step, small and specific	<i>page 2</i>
03	Your page Space to write — keep it, date it	<i>page 3</i>
04	Before you finish A short checklist to close the loop	<i>page 3</i>
05	Related reading Where to go next on the Learning Hub	<i>closing page</i>

◆ 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 gratitude practice has gone flat or started feeling like performance
- In the weeks when the hard chapter sits close to the surface
- When you are guiding appreciation in class and cannot feel a word of it

◆ THE PRACTICE

Step by step

01 Three with detail

Write three entries with real detail, because detail is what makes the mind look again.

02 Keep it occasional

Tie it to a moment that already exists, a couple of times a week; less often with attention beats a daily recital.

03 The unsent letter

Once this fortnight, write to the difficult season by hand: what it took first, then what it built.

04 Paper only

Keep the whole practice in a notebook, where an entry can be clumsy and true at once.

05 Review at two weeks

After a fortnight, decide honestly whether the practice stays.

◆ YOUR PAGE

Write it *down*

Three things from this week, with detail...

What the difficult season took from me...

What got built in me while I was getting through it...

◆ BEFORE YOU FINISH

☐ Two weekly slots tied to real moments

☐ Four dated entries this fortnight

☐ Unsent letter written by hand

☐ Everything kept on paper

☐ Honest review after two weeks

YOGA PROS

This handout supports the article ‘Gratitude with a spine’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ A morning practice that isn't for your students

➤ Five facts of a teaching life

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.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.



Five facts of a teaching life

Students leave and studios close, and none of it is the verdict it feels like at 2am. Sorting what's yours from what never was is a skill. It gets easier every time you use it.

YOGA PROS

Handout 17 • goes with the Learning Hub article of the same name



◆ HANDOUT 17

Inside this handout

Students leave and studios close, and none of it is the verdict it feels like at 2am. Sorting what’s yours from what never was is a skill. It gets easier every time you use it.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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 a studio closes or cuts your slot from the timetable
- When a regular vanishes and you're rereading your last class for the reason
- The night cover falls through, or a workshop doesn't fill

◆ THE PRACTICE

Step by step

01 Name the fact

One plain line for what happened, no interpretation added.

02 Make two lists

One page, one under the other, headed Mine and Not mine. The studio's rent isn't yours; your reply is.

03 Act once, small

Take one item off the Mine list and do it inside 48 hours.

04 Leave the rest

Read the Not-mine list and let it be. That part is the discipline.

05 Check the floor

Insurance current, agreements in writing, venue contacts saved somewhere that isn't the studio noticeboard.

◆ YOUR PAGE

Write it *down*

The fact I keep reading as a verdict:

What's actually mine in it:

The one small thing I'll do, and when:

◆ BEFORE YOU FINISH

☐ Five facts written in my own words, kept in my planner

☐ The sort done before bed, not at 2am

☐ One Mine-list action taken inside 48 hours

☐ Insurance and agreements checked this term

☐ Verdict sentences finished with actual evidence

YOGA PROS

This handout supports the article ‘Five facts of a teaching life’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

↗ After the class that didn't land

↗ What counts as a good class — rewritten

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapropros.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.



The room you grow in

Teaching looks sociable and is quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.

YOGA PROS

Handout 18 · goes with the Learning Hub article of the same name



◆ HANDOUT 18

Inside this handout

Teaching looks sociable and is quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- Nobody has watched you teach in years
- The only teachers you know are the ones you follow online
- You can't remember your last real conversation about teaching

◆ THE PRACTICE

Step by step

01 Map your room

List the five teaching voices closest to you and what each one makes feel normal.

02 Be a student

Book into another teacher's class this week and take it from the mat.

03 One working conversation

Ask a teacher you respect for twenty minutes and bring one real question.

04 Keep a stretch voice

Stay close to one teacher whose standard makes you want to plan better.

05 Be the newest

Put yourself in one room this term where you're the least experienced person there.

◆ YOUR PAGE

Write it *down*

The five voices in my room right now:

What my room currently makes feel normal:

The room I'll add this term, and how:

◆ BEFORE YOU FINISH

- ☐ Five voices mapped, screens included
- ☐ Someone else's class taken as a student
- ☐ One working conversation held this month
- ☐ One voice in the room that stretches me
- ☐ One room this term where I'm the newest

YOGA PROS

This handout supports the article ‘The room you grow in’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ [Who looks after the teacher?](#)

➤ [After the course high](#)

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.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.



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.*

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

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.



One page that holds your year

Nobody books your annual review, so this page is it: one quiet sheet for why you teach and what this year is for, kept where you'll actually see it, not in a drawer.

YOGA PROS

Handout 20 • goes with the Learning Hub article of the same name



◆ HANDOUT 20

Inside this handout

Nobody books your annual review, so this page is it: one quiet sheet for why you teach and what this year is for, kept where you'll actually see it, not in a drawer.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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

- At the turn of a year, September as much as January
- The week after a training ends, while direction still feels clear
- When the weeks are fine and nobody has asked where this is going

◆ THE PRACTICE

Step by step

01 Set the hour

One evening, forty minutes, with last year's diary and your course notes in reach.

02 Write it rough

Fill every field in an honest first draft. Crossings-out are welcome to stay.

03 Put it in view

The front of your planning folder, or the inside of the wardrobe door. Nobody else needs to see it.

04 Diary the reviews

Two dates, six months apart, twenty minutes each. Amend in pen.

05 Read at the turns

When a season changes, read the page and the one intention that season holds.

◆ YOUR PAGE

Write it *down*

Why I teach, in one or two plain sentences:

The question I teach from this year:

Three signals I'll trust this year:

Summer, one intention:

Winter, one intention:

What I'm building this year, in one line:

My rules for a good class, two or three I control:

Spring, one intention:

Autumn, one intention:

The two dates I'll read this page again:

◆ BEFORE YOU FINISH

☐

Written rough in one sitting, honestly

☐

Kept somewhere I actually see each week

☐

Two review dates in the diary

☐

Read at each turn of season

☐

Last year's page kept beside this one

YOGA PROS

This handout supports the article ‘One page that holds your year’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ The question you teach from

➤ What counts as a good class — rewritten

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.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.

