

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

The gap between arriving and teaching sets the first ten minutes of your class. Two minutes is enough to arrive properly.

YOGA PROS

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



◆ HANDOUT 01

Inside this handout

The gap between arriving and teaching sets the first ten minutes of your class. Two minutes is enough to arrive properly.

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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

- Straight from the day job or the school run to a 7pm class
- Back-to-back classes with no real break between them
- Any evening the day is still loud when you reach the door

◆ THE PRACTICE

Step by step

01 Stand still

Thirty seconds, feet flat and shoulders down, before anything else happens.

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 stretch of corridor outside the door. The place becomes part of the cue.

◆ YOUR PAGE

Write it *down*

My two-minute spot at my regular venue:

The moment I'll anchor it to (room set up, phone on silent):

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

◆ BEFORE YOU FINISH

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

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