

After the class that didn't land

A ten-minute close-down for the class that fell flat, so one Tuesday doesn't get to write the 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 fell flat, so one Tuesday doesn't get to write the 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 bad class starts to feel like proof

◆ THE PRACTICE

Step by step

01 Move first

Two minutes of walking or shaking out before any reviewing. The spiral needs a still body.

02 Breathe out longer

Ten rounds with the exhale longer than the inhale, the same breath you'd offer a wired student.

03 Name it plainly

Once, out loud if you're alone: that one didn't land. Ordinary words lower the charge.

04 Two lines only

One line of evidence about what verifiably happened, one small adjustment for next week.

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 adjustment for next week:

A cause that wasn't me:

◆ BEFORE YOU FINISH

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- ☐ Moved for two minutes before judging anything
 - ☐ Ten slow rounds, exhale longer than the inhale
 - ☐ Said it plainly, once
 - ☐ Wrote the evidence line and the adjustment
 - ☐ Closed the notebook and left the class in it
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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.

