

The question you teach from

*Underneath every class runs a question only you can hear.
This page is for catching yours, then choosing a steadier
one.*

YOGA PROS

*Handout 03 · goes with the Learning Hub article of the same
name*



◆ HANDOUT 03

Inside this handout

Underneath every class runs a question only you can hear. This page is for catching yours, then choosing a steadier one.

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 class plan that was fine
- Before teaching with another teacher in the room

◆ THE PRACTICE

Step by step

01 Catch it

After each of your next three classes, jot the question that ran loudest under the hour.

02 Write it in full

Exactly as it runs, untidied. Seeing it on paper does half the work.

03 Test where it points

At you or at the room, and whether it could ever actually 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.

