

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

*When teaching carries every need you have, one quiet class
can shake 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

When teaching carries every need you have, one quiet class can shake the lot. A page for spreading the weight.

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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

- 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 and list, honestly, everything it currently carries for you beyond the craft.

02 Find the overloaded need

Circle the one item on the page that has no other home in your life.

03 Name a second home

Choose one other place that need could live, and keep it small enough to start this week.

04 Book the first step

Put it in the diary now; unbooked intentions dissolve.

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 currently carry:

The need I have been asking teaching to meet alone is:

Its second home, starting this week, will be:

◆ BEFORE YOU FINISH

- ☐ Load map drawn
- ☐ One 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

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.

