

LEARNING HUB • MEMBER HANDOUT

The quiet month

January fills, August empties. A page for reading the year as seasons and giving the winters 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. A page for reading the year as seasons and giving the winters 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 has begun 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

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

04 Pre-write the sentence

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

05 Keep January's evidence

When the room is full, write down what it looked like; you will want the proof later in the year.

◆ YOUR PAGE

Write it *down*

My full months, from what I have already seen:

My thin months, and their most likely causes:

My next quiet month's one job will be:

◆ BEFORE YOU FINISH

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- ☐ 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 will see it
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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

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.

