

Energy is part of the job

Your body is the instrument every class runs on. Five boring levers, each with real evidence behind it.

YOGA PROS

Handout 11 • goes with the Learning Hub article of the same name



◆ HANDOUT 11

Inside this handout

Your body is the instrument every class runs on. Five boring levers, each with real evidence behind it.

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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

- The stretch of term where classes take more than they give back
- Rebuilding after illness or a heavy season
- Before you say yes to another slot on the timetable

◆ THE PRACTICE

Step by step

01 Fix the wake time

Same time every morning for a fortnight, teaching day or not; the anchor matters more than the bedtime.

02 Ten minutes of daylight

Outside, before the phone, cloud or no cloud; morning light sets the body clock.

03 Move off duty

One hour a week of movement where you are nobody's teacher and cueing no one.

04 Carry water

A full bottle in the teaching bag, refilled between classes; concentration dips before thirst speaks.

05 Two minutes of breath

Parked outside the venue, exhale longer than the inhale; the profession's own tool, and it works within minutes.

◆ YOUR PAGE

Write it *down*

My fixed wake time for the next fortnight:

My off-duty movement hour this week is:

The between-class moment where two minutes of breath will live:

◆ BEFORE YOU FINISH

-
- ☐ Wake time fixed
 - ☐ Morning daylight before the phone
 - ☐ Off-duty movement booked
 - ☐ Bottle in the teaching bag
 - ☐ Two-minute breath spot chosen
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YOGA PROS

This handout supports the article ‘Energy is part of the job’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- Who looks after the teacher?
- A morning practice that isn't for your students

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.

