

A morning practice that isn't for your students

*Practice became preparation the day you started teaching.
Ten morning minutes that belong to you again.*

YOGA PROS

*Handout 12 • goes with the Learning Hub article of the same
name*



◆ HANDOUT 12

Inside this handout

Practice became preparation the day you started teaching. Ten morning minutes that belong to you again.

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 every practice has become a rehearsal for someone else's
- When mornings begin with the phone and someone else's agenda
- When the teaching feels dry and you can't name why

◆ THE PRACTICE

Step by step

01 Sit before the phone

Same spot, same trigger, mat or cushion already waiting from the night before.

02 Breathe first

A few minutes with the exhale longer than the inhale; pranayama before anything else enters the day.

03 Move unplanned

If the body wants movement, follow it; nothing sequenced, nothing you would ever teach on a Saturday.

04 State the sankalpa

One present-tense sentence, plain words, kept for a season; it does not have to mention teaching at all.

05 Close with gratitude

One specific line, noticed or written; occasional and specific beats daily and vague.

◆ YOUR PAGE

Write it *down*

My sankalpa for this season, one plain present-tense sentence:

My spot, and the trigger that starts it:

This morning's one line of gratitude:

◆ BEFORE YOU FINISH

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- ☐ Spot chosen, mat out the night before
 - ☐ Phone stays in another room
 - ☐ Breath before movement
 - ☐ Sankalpa written and kept
 - ☐ Three-breath floor used on the bad days, and counted
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YOGA PROS

This handout supports the article ‘A morning practice that isn’t for your students’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ The two minutes before you teach

➤ Gratitude with a spine

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

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