

*"There's no money in yoga" — the cost of the **sentence***

The line gets repeated until it sounds like weather. This page audits what believing it has cost your teaching, and what the record says instead.

YOGA PROS

Handout 14 · goes with the Learning Hub article of the same name



◆ HANDOUT 14

Inside this handout

The line gets repeated until it sounds like weather. This page audits what believing it has cost your teaching, and what the record says instead.

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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 week somebody says it near you and it lands
- When a fee review or a new class idea keeps sliding for no clear reason
- Before you decide anything about next term with the sentence still in the room

◆ THE PRACTICE

Step by step

01 Quote it

Write the sentence in quotation marks at the top of the page, where it reads as a claim rather than a fact.

02 List the cost

Note what it has already decided for you, with rough dates. Ten minutes, no editing.

03 Be fair to it

Add what believing it has protected you from, because a belief that costs this much is usually protecting something.

04 Find counter-evidence

Write one piece you already own, such as a class that has held its regulars or a venue that asks for you by name.

05 Name the decision

Finish with the one decision you would make this term if the sentence were not true.

◆ YOUR PAGE

Write it *down*

What this sentence has already decided for me...

The counter-evidence I already own...

The decision I would make this term if it were not true...

◆ BEFORE YOU FINISH

☐ Sentence written in quotation marks, not in stone

☐ Costs listed with rough dates

☐ Fairness column done

☐ One piece of counter-evidence written

☐ First small step given a date

YOGA PROS

This handout supports the article “There’s no money in yoga” — the cost of the sentence’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ What you charge is a sentence you wrote

➤ The quiet month

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapropros.com/learning-hub

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