

*The two minutes before you **teach***

The gap between arriving and teaching sets the first ten minutes of your class. Two minutes is enough to arrive properly.

YOGA PROS

Handout 01 · goes with the Learning Hub article of the same name



◆ HANDOUT 01

Inside this handout

The gap between arriving and teaching sets the first ten minutes of your class. Two minutes is enough to arrive properly.

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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

- Straight from the day job or the school run to a 7pm class
- Back-to-back classes with no real break between them
- Any evening the day is still loud when you reach the door

◆ THE PRACTICE

Step by step

01 Stand still

Thirty seconds, feet flat and shoulders down, before anything else happens.

02 Slow the breath

In through the nose for four, out for six. Eight to ten rounds, and let the exhale do the work.

03 Choose one point

The first sentence you'll say, or one student to greet by name. Walk in holding it.

04 Same spot every time

The car, or the quiet stretch of corridor outside the door. The place becomes part of the cue.

◆ YOUR PAGE

Write it *down*

My two-minute spot at my regular venue:

The moment I'll anchor it to (room set up, phone on silent):

The one thing I'll walk in holding this week:

◆ BEFORE YOU FINISH

-
- ☐ Ran the sequence once at home with a timer
 - ☐ Chose my spot at my regular venue
 - ☐ Anchored it to a moment that already happens
 - ☐ Used it before every class this week
 - ☐ Noticed how the first ten minutes felt
-

YOGA PROS

This handout supports the article ‘The two minutes before you teach’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- After the class that didn't land
- A morning practice that isn't for your students

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

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After the class that didn't land

A ten-minute close-down for the class that fell flat, so one Tuesday doesn't get to write the week.

YOGA PROS

Handout 02 · goes with the Learning Hub article of the same name



◆ HANDOUT 02

Inside this handout

A ten-minute close-down for the class that fell flat, so one Tuesday doesn't get to write the week.

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02	The practice Step by step, small and specific	<i>page 2</i>
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04	Before you finish A short checklist to close the loop	<i>page 3</i>
05	Related reading Where to go next on the Learning Hub	<i>closing page</i>

◆ HOW TO USE IT

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◆ WHEN TO USE THIS

- The hour straight after a class that fell flat
- The night you catch yourself re-teaching it in bed
- A quiet stretch when one bad class starts to feel like proof

◆ THE PRACTICE

Step by step

01 Move first

Two minutes of walking or shaking out before any reviewing. The spiral needs a still body.

02 Breathe out longer

Ten rounds with the exhale longer than the inhale, the same breath you'd offer a wired student.

03 Name it plainly

Once, out loud if you're alone: that one didn't land. Ordinary words lower the charge.

04 Two lines only

One line of evidence about what verifiably happened, one small adjustment for next week.

05 Shut the book

The class ends when the notebook closes, not at two in the morning.

◆ YOUR PAGE

Write it *down*

What actually happened, facts only:

One adjustment for next week:

A cause that wasn't me:

◆ BEFORE YOU FINISH

☐ Moved for two minutes before judging anything

☐ Ten slow rounds, exhale longer than the inhale

☐ Said it plainly, once

☐ Wrote the evidence line and the adjustment

☐ Closed the notebook and left the class in it

YOGA PROS

This handout supports the article ‘After the class that didn’t land’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The two minutes before you teach
- What counts as a good class — rewritten

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

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The question you teach from

*Underneath every class runs a question only you can hear.
This page is for catching yours, then choosing a steadier
one.*

YOGA PROS

*Handout 03 · goes with the Learning Hub article of the same
name*



◆ HANDOUT 03

Inside this handout

Underneath every class runs a question only you can hear. This page is for catching yours, then choosing a steadier one.

01	When to use this The moments this practice is for	<i>page 2</i>
02	The practice Step by step, small and specific	<i>page 2</i>
03	Your page Space to write — keep it, date it	<i>page 3</i>
04	Before you finish A short checklist to close the loop	<i>page 3</i>
05	Related reading Where to go next on the Learning Hub	<i>closing page</i>

◆ HOW TO USE IT

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◆ WHEN TO USE THIS

- When the same doubt fires however well the class went
- The third time you rewrite a class plan that was fine
- Before teaching with another teacher in the room

◆ THE PRACTICE

Step by step

01 Catch it

After each of your next three classes, jot the question that ran loudest under the hour.

02 Write it in full

Exactly as it runs, untidied. Seeing it on paper does half the work.

03 Test where it points

At you or at the room, and whether it could ever actually be answered.

04 Choose the replacement

One question that faces the students and can be answered tonight.

05 Keep it visible

Top of the class plan, every week, until it's the one that fires first.

◆ YOUR PAGE

Write it *down*

The question I've been teaching from:

Where it came from, as far as I can tell:

The question I'm choosing instead:

◆ BEFORE YOU FINISH

-
- ☐ Caught the question after three classes
 - ☐ Wrote it out in full, untidied
 - ☐ Tested where it points
 - ☐ Put the replacement at the top of my class plan
 - ☐ Noticed the old one mid-class and came back
-

YOGA PROS

This handout supports the article ‘The question you teach from’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- What counts as a good class — rewritten
- The inner critic has a job description

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What counts as a good class — rewritten

*If a good class needs a full room, February wins every time.
Rewrite the conditions on terms you control.*

YOGA PROS

*Handout 04 • goes with the Learning Hub article of the same
name*



◆ HANDOUT 04

Inside this handout

If a good class needs a full room, February wins every time. Rewrite the conditions on terms you control.

01	When to use this The moments this practice is for	page 2
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03	Your page Space to write — keep it, date it	page 3
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05	Related reading Where to go next on the Learning Hub	closing page

◆ HOW TO USE IT

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◆ WHEN TO USE THIS

- Driving home flat from a class that was actually fine
- Comparing tonight's seven with spring's twelve
- When a quiet month starts to read as a verdict

◆ THE PRACTICE

Step by step

01 Write the old rule

Finish it honestly on paper: 'a class counts as good when...'. Keep the clauses you're not proud of.

02 Mark what you control

Cross out every condition set by the weather or by anyone who isn't you.

03 Write the new conditions

Two or three, all yours to meet on the night, all possible to observe.

04 Read, don't score

Top of the class plan for a fortnight. The definition works by being in the room.

05 Review each term

Rules age. Check this one still fits the teacher you've become.

◆ YOUR PAGE

Write it *down*

My old rule, written out honestly:

My rewritten conditions:

◆ BEFORE YOU FINISH

☐ Wrote the old rule in full, ugly clauses included

☐ Crossed out what I don't control

☐ Wrote two or three conditions that are mine

☐ Read them before every class this fortnight

☐ Put a term-end review date in the diary

YOGA PROS

This handout supports the article ‘What counts as a good class — rewritten’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- After the class that didn't land
- The question you teach from

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*You qualified. When do you feel like a **teacher**?*

The certificate came and the feeling didn't. That gap is normal, and it closes through evidence rather than waiting.

YOGA PROS

Handout 05 · goes with the Learning Hub article of the same name



◆ HANDOUT 05

Inside this handout

The certificate came and the feeling didn't. That gap is normal, and it closes through evidence rather than waiting.

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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

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- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- When 'I'm a yoga teacher' still comes out with a qualifier attached
- When you're waiting to feel ready before approaching a studio
- When a room of experienced teachers makes you feel like a guest

◆ THE PRACTICE

Step by step

01 Name the gap

Remind yourself the wobble is an identity lag, and that every teacher you admire stood in it once.

02 Say the sentence

Once today, without a qualifier: I'm a yoga teacher, and I teach on my day, at my place.

03 File the evidence

After each class, write one line in your phone about something that worked.

04 Borrow some company

Ask one working teacher how long it took them to feel like one, and believe their answer.

◆ YOUR PAGE

Write it *down*

The qualifier I keep attaching to my teaching is...

Two recent moments that only a teacher could have had...

The sentence I'll say instead: I'm a yoga teacher, and I teach...

◆ BEFORE YOU FINISH

- ☐ Said the sentence out loud without a qualifier
- ☐ One line of evidence written after each class this week
- ☐ Caught the word 'just' at least once and let it pass
- ☐ Asked one teacher about their own gap
- ☐ Training and hours written down where someone could see them

YOGA PROS

This handout supports the article ‘You qualified. When do you feel like a teacher?’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The inner critic has a job description
- Your teaching story, told properly

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The inner critic has a job description

The nervous voice before class is trying to protect something. Hear it out, then teach the hour yourself.

YOGA PROS

Handout 06 • goes with the Learning Hub article of the same name



◆ HANDOUT 06

Inside this handout

The nervous voice before class is trying to protect something. Hear it out, then teach the hour yourself.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
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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

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- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- In the minutes before class, when the commentary starts
- After a quiet class, when prediction turns into verdict
- Before teaching peers, mentors, or anyone holding a clipboard

◆ THE PRACTICE

Step by step

01 Name it

When the commentary starts, say inwardly: that's the critic clocking in.

02 Write the job description

Ten minutes on paper: what it's protecting you from, and roughly when it was hired.

03 Take the note

If one worry is genuinely useful, act on it and leave the rest of the catastrophe behind.

04 Hand over the hour

One slower breath out, attention to the faces in the room, and the critic rides along without the microphone.

05 Review kindly

After class, one sentence on what went well before any review of what didn't.

◆ YOUR PAGE

Write it *down*

The two lines my critic repeats most...

What it is actually trying to protect me from...

What I would say to a colleague who taught the class I just taught...

◆ BEFORE YOU FINISH

- ☐ Critic's two lines written down word for word
- ☐ Job description drafted
- ☐ Named it once before class without arguing back
- ☐ One useful note taken, the rest left
- ☐ Post-class sentence written before any self-review

YOGA PROS

This handout supports the article ‘The inner critic has a job description’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The question you teach from
- You qualified. When do you feel like a teacher?

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*Your teaching story, told **properly***

Your career didn't start the day you qualified. Half an hour with a pen shows you the arc you've already lived.

YOGA PROS

Handout 07 · goes with the Learning Hub article of the same name



◆ HANDOUT 07

Inside this handout

Your career didn't start the day you qualified. Half an hour with a pen shows you the arc you've already lived.

01	When to use this The moments this practice is for	<i>page 2</i>
02	The practice Step by step, small and specific	<i>page 2</i>
03	Your page Space to write — keep it, date it	<i>page 3</i>
04	Before you finish A short checklist to close the loop	<i>page 3</i>
05	Related reading Where to go next on the Learning Hub	<i>closing page</i>

◆ HOW TO USE IT

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◆ WHEN TO USE THIS

- Rewriting a bio or a studio application
- When your career feels like it began at your training course
- When a student asks how you came to teaching

◆ THE PRACTICE

Step by step

01 Set the chapters

Five or six headings for your teaching life, with chapter one before your training.

02 Mine each chapter

One line per chapter: what was going on, and what it taught you that you still use.

03 Find the through-line

Read the page and look for the same care showing up in years that had nothing to do with yoga.

04 Rewrite the opening

The first sentence of your bio starts where the story starts, in under twenty-five words.

05 Count the arc

Total your training and teaching hours, and write them where you'll see them.

◆ YOUR PAGE

Write it *down*

Chapter one of my teaching life actually begins...

The through-line I can see across the chapters...

My bio's new first sentence...

◆ BEFORE YOU FINISH

☐ Chapters written, the first one set before training

☐ One learning line under each chapter

☐ Through-line named

☐ Bio opening rewritten

☐ Hours counted and recorded

YOGA PROS

This handout supports the article ‘Your teaching story, told properly’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ You qualified. When do you feel like a teacher?

➤ Gratitude with a spine

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Who looks after the teacher?

You hold the room, and someone should hold you. Care of the teacher is part of the job, and it can be built like the rest of it.

YOGA PROS

Handout 08 • goes with the Learning Hub article of the same name



◆ HANDOUT 08

Inside this handout

You hold the room, and someone should hold you. Care of the teacher is part of the job, and it can be built like the rest of it.

01	When to use this The moments this practice is for	page 2
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04	Before you finish A short checklist to close the loop	page 3
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◆ HOW TO USE IT

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◆ WHEN TO USE THIS

- At the end of a teaching day that emptied you
- When your own practice keeps being the first thing cut
- Each term, before the timetable gets rebuilt

◆ THE PRACTICE

Step by step

01 Take the audit

List everything that currently looks after you as a teacher; a short list is information, and it isn't a verdict.

02 Book the hour

One weekly practice hour that belongs to you, in the diary like a class, never taught by you.

03 Keep one peer close

A standing fortnightly call with one teacher who knows what a flat Tuesday feels like.

04 Read the timetable

Once a term, look at your schedule the way you'd read a student's posture: where the load is landing.

05 Check the floor

Insurance current, and someone you could call if a class went wrong.

◆ YOUR PAGE

Write it *down*

What currently looks after me as a teacher...

The hour that becomes mine each week...

The teacher I'll set a standing call with...

◆ BEFORE YOU FINISH

-
- ☐ Audit list written
 - ☐ Weekly hour booked
 - ☐ Standing call arranged
 - ☐ Termly timetable review dated
 - ☐ Insurance and cover confirmed current
-

YOGA PROS

This handout supports the article ‘Who looks after the teacher?’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ Energy is part of the job

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

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*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.

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

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◆ 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

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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

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◆ 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

-
- ☐ 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
-

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

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theyogapro.com/learning-hub

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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.

01	When to use this The moments this practice is for	page 2
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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

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◆ 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
-

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

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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

-
- ☐ 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
-

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

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.



What you charge is a sentence you wrote

Your fee began life as a sentence, written years ago under old beliefs about yoga and worth. This page is where you redraft it.

YOGA PROS

Handout 13 • goes with the Learning Hub article of the same name



◆ HANDOUT 13

Inside this handout

Your fee began life as a sentence, written years ago under old beliefs about yoga and worth. This page is where you redraft it.

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

- Before you set a rate for a new term or a new venue
- When you hear yourself apologise before you say the number
- When your fee has outlived the beliefs it was written under

◆ THE PRACTICE

Step by step

01 Catch the sentence

Finish the line 'I charge what I charge because...' and keep writing past the first tidy answer.

02 Test it

Read it back as though a teacher you respect wrote it about their own work, and mark where you would argue.

03 Draft the revision

Write the sentence you would want that teacher to charge by, naming what the fee holds up.

04 Review one fee

At the next natural moment, a new term or a new venue, test a single fee against the revised sentence.

◆ YOUR PAGE

Write it *down*

I charge what I charge because...

Reading that back as a colleague, I would challenge...

The revised sentence I am prepared to stand behind...

◆ BEFORE YOU FINISH

- ☐ Current sentence written out honestly
- ☐ Read back through a respected colleague's eyes
- ☐ Revised sentence drafted
- ☐ One fee chosen for review
- ☐ Review moment named and dated

YOGA PROS

This handout supports the article ‘What you charge is a sentence you wrote’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

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

➤ One page that holds your year

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

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*"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.

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 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

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Comparison is not research

Twenty minutes on a feed can undo a good evening. This page holds the signals that belong to your teaching, because a week of evidence beats a scroll.

YOGA PROS

Handout 15 • goes with the Learning Hub article of the same name



◆ HANDOUT 15

Inside this handout

Twenty minutes on a feed can undo a good evening. This page holds the signals that belong to your teaching, because a week of evidence beats a scroll.

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 night a scroll ends in wondering why you bother
- When you catch yourself calling it market research
- Before you change your plans because of somebody's highlight reel

◆ THE PRACTICE

Step by step

01 Name the mismatch

When comparison lands, say what is on the table: their highlight reel against your ordinary Thursday.

02 Choose your signals

Pick measures that belong to your teaching, such as who comes back, what gets requested, and whether your own practice happened.

03 Gather a week

Track the signals for a full week before passing any verdict on where you are.

04 Audit the feed

Keep the accounts that teach you something and mute the ones that reliably leave you smaller.

05 Read yours first

At the end of the week, read your own signals before you open anyone else's.

◆ YOUR PAGE

Write it *down*

The three signals I am tracking...

What this week's evidence said...

The accounts I am muting, without apology...

◆ BEFORE YOU FINISH

☐ Three signals written down on paper

☐ One full week of evidence gathered

☐ Feed audit done in ten minutes

☐ Muted what shrinks me

☐ Own signals read before anyone else's

YOGA PROS

This handout supports the article ‘Comparison is not research’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- One page that holds your year
- Your teaching story, told properly

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Gratitude with a spine

The evidence-based practice, including its hard form: naming what a difficult season built in you, without pretending it was not hard.

YOGA PROS

Handout 16 • goes with the Learning Hub article of the same name



◆ HANDOUT 16

Inside this handout

The evidence-based practice, including its hard form: naming what a difficult season built in you, without pretending it was not hard.

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 gratitude practice has gone flat or started feeling like performance
- In the weeks when the hard chapter sits close to the surface
- When you are guiding appreciation in class and cannot feel a word of it

◆ THE PRACTICE

Step by step

01 **Three with detail**

Write three entries with real detail, because detail is what makes the mind look again.

02 **Keep it occasional**

Tie it to an existing moment, a couple of times a week; less often with attention beats a daily recital.

03 **The unsent letter**

Once this fortnight, write to the difficult season by hand: what it took first, then what it built.

04 **Paper only**

Keep the whole practice in a notebook, where an entry can be clumsy and true at the same time.

05 **Review at two weeks**

After a fortnight, decide honestly whether the practice stays.

◆ YOUR PAGE

Write it *down*

Three things from this week, with detail...

What the difficult season took from me...

What got built in me while I was getting through it...

◆ BEFORE YOU FINISH

☐ Two weekly slots tied to real moments

☐ Four dated entries this fortnight

☐ Unsent letter written by hand

☐ Everything kept on paper

☐ Honest review after two weeks

YOGA PROS

This handout supports the article ‘Gratitude with a spine’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ A morning practice that isn't for your students

➤ Five facts of a teaching life

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

This handout is professional-development reflection, not therapy. If things feel heavy right now, talking to your GP or a qualified counsellor is a stronger move than any worksheet. 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.



Five facts of a teaching life

Students leave and studios close. None of it is a verdict, and sorting what is yours from what never was is a skill you can practise.

YOGA PROS

Handout 17 • goes with the Learning Hub article of the same name



◆ HANDOUT 17

Inside this handout

Students leave and studios close. None of it is a verdict, and sorting what is yours from what never was is a skill you can practise.

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 a studio closes or cuts your slot from the timetable
- When a regular disappears and you're rereading your last class for the reason
- The night cover falls through or a workshop doesn't fill

◆ THE PRACTICE

Step by step

01 Name the fact

Write what happened in one plain line, with no interpretation attached.

02 Make two lists

On one page, one after the other, headed Mine and Not mine. The studio's rent is not yours; your reply is.

03 Act once, small

Pick one item from the Mine list and act on it within 48 hours.

04 Leave the rest

The Not-mine list gets read and left alone. That is the discipline.

05 Check the floor

Insurance current and agreements in writing, with venue contacts saved somewhere safe.

◆ YOUR PAGE

Write it *down*

The fact I keep reading as a verdict:

What is actually mine in it:

The one small action I will take, and when:

◆ BEFORE YOU FINISH

☐ The five facts written in my own words, kept in my planner

☐ The sort done before bed rather than at 2am

☐ One Mine-list action taken inside 48 hours

☐ Insurance and agreements checked this term

☐ Verdict sentences finished with evidence

YOGA PROS

This handout supports the article ‘Five facts of a teaching life’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- After the class that didn't land
- What counts as a good class — rewritten

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The room you grow in

*Teaching looks social and is quietly solitary. The company
you keep sets what feels normal, so build the room you
grow in on purpose.*

YOGA PROS

*Handout 18 · goes with the Learning Hub article of the same
name*



◆ HANDOUT 18

Inside this handout

Teaching looks social and is quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.

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

- Nobody has watched you teach in years
- The only teachers you know are the ones you follow online
- You can't remember your last real conversation about teaching

◆ THE PRACTICE

Step by step

01 Map your room

List the five teaching voices closest to you and what each makes feel normal.

02 Be a student

Book into another teacher's class this week and take it from the mat.

03 One working conversation

Ask a teacher you respect for twenty minutes and bring one real question.

04 Keep a stretch voice

Stay close to one teacher whose standard makes you plan better.

05 Be the newest

Put yourself in one room this term where you are the least experienced person.

◆ YOUR PAGE

Write it *down*

The five voices in my room right now:

What my room currently makes feel normal:

The room I will add this term, and how:

◆ BEFORE YOU FINISH

-
- ☐ Five voices mapped, screens included
 - ☐ Someone else's class taken as a student
 - ☐ One working conversation held this month
 - ☐ One voice in the room that stretches me
 - ☐ One room this term where I am the newest
-

YOGA PROS

This handout supports the article ‘The room you grow in’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ [Who looks after the teacher?](#)

➤ [After the course high](#)

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After the course high

Courses end and Tuesday comes back. A fortnight is long enough to keep one thing, if you write the plan while the glow is still warm.

YOGA PROS

Handout 19 · goes with the Learning Hub article of the same name



◆ HANDOUT 19

Inside this handout

Courses end and Tuesday comes back. A fortnight is long enough to keep one thing, if you write the plan while the glow is still warm.

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 you get home from a course or retreat, CPD included
- When last month's course notebook is still in the bag
- When you're booking the next course mostly to feel that feeling again

◆ THE PRACTICE

Step by step

01 **Pick one thing**

Choose a single practice from the course and let the rest live in the notebook.

02 **Write the plan**

One sentence with its moment named: after the school run, ten minutes in the front room.

03 **Set the floor**

Write a worst-day version small enough to keep when the boiler breaks.

04 **Start inside 48 hours**

The glow is fuel and it has a shelf life. Begin before the old week closes over.

05 **Decide at the fortnight's end**

Ten minutes with the notebook to choose what stays and at what dose.

◆ YOUR PAGE

Write it *down*

The one practice I am keeping:

My plan sentence, with its after and its where:

My worst-day floor:

◆ BEFORE YOU FINISH

☐ One practice chosen, the rest left in the notebook

☐ Plan sentence written and visible

☐ Floor version written next to it

☐ Started within 48 hours of getting home

☐ End-of-fortnight review in the diary

YOGA PROS

This handout supports the article ‘After the course high’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- You qualified. When do you feel like a teacher?
- A morning practice that isn’t for your students

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One page that holds your year

Nobody books your annual review, so this page is it: one quiet sheet for why you teach and what this year is for, kept where you can see it.

YOGA PROS

Handout 20 • goes with the Learning Hub article of the same name



◆ HANDOUT 20

Inside this handout

Nobody books your annual review, so this page is it: one quiet sheet for why you teach and what this year is for, kept where you can see it.

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

- At the turn of a year, September as much as January
- The week after a training ends, while direction still feels clear
- When the weeks are fine and nobody has asked where this is going

◆ THE PRACTICE

Step by step

01 Set the hour

One evening, forty minutes, with last year's diary and your course notes in reach.

02 Write it rough

Fill every field in an honest first draft. Crossings-out are allowed to stay.

03 Put it in view

The front of your planning folder or the inside of the wardrobe door. Nobody else needs to see it.

04 Diary the reviews

Two dates, six months apart, twenty minutes each. Amend in pen.

05 Read at the turns

When a season changes, read the page and the one intention that season holds.

◆ YOUR PAGE

Write it *down*

Why I teach, in one or two plain sentences:

The question I teach from this year:

Three signals I will trust this year:

Summer, one intention:

Winter, one intention:

What I am building this year, in one line:

My rules for a good class, two or three I control:

Spring, one intention:

Autumn, one intention:

I will read this page again on these two dates:

◆ BEFORE YOU FINISH

☐

Written rough in one sitting, honestly

☐

Kept somewhere I actually see each week

☐

Two review dates in the diary

☐

Read at each turn of season

☐

Last year's page kept beside this one

YOGA PROS

This handout supports the article ‘One page that holds your year’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ The question you teach from

➤ What counts as a good class — rewritten

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