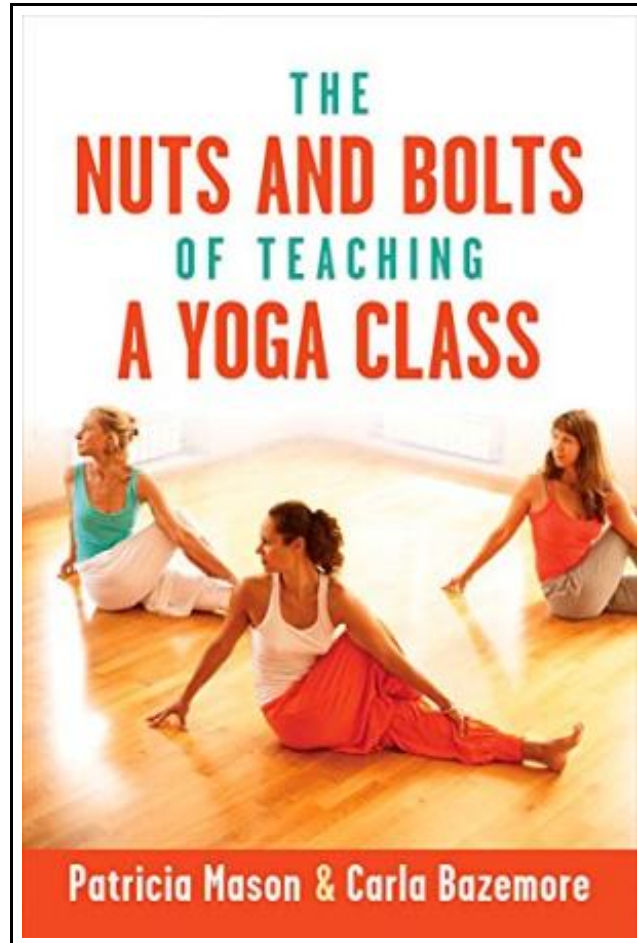


The Nuts and Bolts of Teaching a Yoga Class



Filesize: 4.09 MB

Reviews

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Junius Herman)

THE NUTS AND BOLTS OF TEACHING A YOGA CLASS



BookBaby, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. The Nuts and Bolts of Teaching a Yoga Class is a manual for new yoga teachers. It discusses the many aspects of teaching that usually aren t included in teacher training courses. The first portions of the book deal with lesson plans: the reason for creating them, the four parts that each class plan should contain and the purpose of each part. The book introduces a master class plan that can be used for many types of classes and explains how to vary the classes. The book encourages the use of stick figures in lesson plans and includes an appendix of over 150 stick figures of yoga poses. The next section concerns the basics of teaching. These include ways to best utilize your yoga space, dress for class, teach poses, and begin, pace, and end classes. A third section deals with techniques that will transform your teaching abilities from good to great. Topics included are giving instructions most effectively, using your voice as a teaching tool, mirroring poses, including your unique qualities in your class, and use of music. Another section covers sequencing: three basic kinds of sequences, characteristics of good sequences and use of modules or mini-sequences, to help in class planning. A final section deals with practical considerations like finding teaching jobs, the pros and cons of subbing and developing a specialty, and aspects of professionalism.



[Read The Nuts and Bolts of Teaching a Yoga Class Online](#)



[Download PDF The Nuts and Bolts of Teaching a Yoga Class](#)

Other Books



Words and Rhymes for Kids: A Fun Teaching Tool for High Frequency Words and Word Families

AUTHORHOUSE, United States, 2009. Paperback. Book Condition: New. 279 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is designed to make learning fun for children in kindergarten through...

[Read Book »](#)



A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Read Book »](#)



Readers Clubhouse B Just the Right Home

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Marilee Harrahd-Pilz (illustrator). 224 x 147 mm. Language: English . Brand New Book. This is volume seven, Reading Level 2, in a comprehensive program...

[Read Book »](#)



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Read Book »](#)



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read Book »](#)

**The Voyagers Series - Africa: Book 2**

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching

[Save eBook »](#)

**Readers Clubhouse Set a a Truck Can Help**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 229 x 145 mm. Language: English . Brand New Book. This is volume eight, Reading Level 1, in a comprehensive program (Reading Levels 1

[Save eBook »](#)

**Readers Clubhouse B People on My Street**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 221 x 147 mm. Language: English . Brand New Book. This is volume two, Reading Level 2, in a comprehensive program (Reading Levels 1

[Save eBook »](#)

**The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

[Save eBook »](#)

**400+ Funny Jokes: Funny Jokes for Kids**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.400+ Funny Jokes for Kids!Are you looking for a fun book to keep

[Save eBook »](#)