

# *After the class that didn't land*

*A ten-minute close-down for the class that didn't land. Do it the same night, and one flat Tuesday doesn't get to write the whole week.*

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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 didn't land. Do it the same night, and one flat Tuesday doesn't get to write the whole week.*

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

◆ THE PRACTICE

## Step by step

### 01 Move first

Two minutes of walking or shaking out before you review a thing. The spiral needs a still body.

### 02 Breathe out longer

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

### 03 Name it plainly

Once, out loud if you're on your own: that one didn't land. Ordinary words take the charge out of it.

### 04 Two lines only

One line of what actually happened, one small change for next week. That's the whole entry.

### 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:*

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*One change for next week:*

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*A cause that wasn't me:*

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◆ BEFORE YOU FINISH

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☐ Moved for two minutes before judging anything

☐ Ten slow rounds, exhale longer than the inhale

☐ Said it plainly, once

☐ Wrote the fact and the change, nothing more

☐ Closed the notebook and left the class in it

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## 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

**[theyogapropros.com/learning-hub](https://theyogapropros.com/learning-hub)**

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*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.*

