

What counts as a good class — rewritten

*If a good class needs a full room, February wins every time.
Move the bar onto ground you actually 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. Move the bar onto ground you actually control.

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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

- Driving home flat from a class that was, by any fair reading, 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. Each one yours to meet on the night, and something you can see.

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

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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

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

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