

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

*The certificate came in a day. The feeling takes longer.
That gap is normal, and the teaching you're already doing
is what closes it.*

YOGA PROS

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



◆ HANDOUT 05

Inside this handout

The certificate came in a day. The feeling takes longer. That gap is normal, and the teaching you're already doing is what closes 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

- When 'I'm a yoga teacher' still arrives with a qualifier stuck to it
- When you're waiting to feel ready before you'll approach a studio
- When a room of experienced teachers leaves you feeling like a visitor

◆ THE PRACTICE

Step by step

01 Name the gap

The wobble is normal. The feeling runs behind the fact, and every teacher you admire stood here 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, one line in your phone about something that worked.

04 Borrow some company

Ask one working teacher how long it took them, and believe the 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

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.

