

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

Teaching quietly ends up holding your whole week. Then one quiet class shakes 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

Teaching quietly ends up holding your whole week. Then one quiet class shakes the lot. A page for spreading the weight.

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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

- 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, then put down honestly everything it carries for you beyond the craft.

02 Find the overloaded need

Circle the one thing on the page with no other home in your life.

03 Name a second home

Pick one other place that need could live, small enough to start this week.

04 Book the first step

Put it in the diary now, or it quietly won't happen.

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 are quietly carrying:

The one need I've been asking teaching to meet on its own is:

Its second home, starting this week:

◆ BEFORE YOU FINISH

☐

Load map drawn

☐

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

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.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.

