

A morning practice that isn't for your students

Practice quietly turned into preparation the day you started teaching. Ten morning minutes to take back and keep.

YOGA PROS

Handout 12 • goes with the Learning Hub article of the same name



◆ HANDOUT 12

Inside this handout

*Practice quietly turned into preparation the day you started teaching.
Ten morning minutes to take back and keep.*

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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

- When every practice has quietly become a rehearsal for someone else's
- When mornings start with the phone and someone else's agenda
- When the teaching feels dry and you can't say why

◆ THE PRACTICE

Step by step

01 Sit before the phone

Same spot, same trigger, mat or cushion already waiting from the night before.

02 Breathe first

A few minutes with the exhale longer than the inhale. Pranayama, before anything else gets into the day.

03 Move unplanned

If your body wants to move, let it. Nothing sequenced, nothing you'd teach on a Saturday.

04 Say the sankalpa

One present-tense sentence, plain words, kept for a season. It doesn't have to mention teaching at all.

05 Close with gratitude

One specific line, noticed or written down. Occasional and specific beats daily and vague.

◆ YOUR PAGE

Write it *down*

My sankalpa for this season, one plain present-tense sentence:

My spot, and the trigger that starts it:

This morning's one line of gratitude:

◆ BEFORE YOU FINISH

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Spot chosen, mat out the night before

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Phone in another room

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Breath before movement

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Sankalpa written and kept

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Three-breath floor used on the bad days, and counted

YOGA PROS

This handout supports the article ‘A morning practice that isn’t for your students’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ The two minutes before you teach

➤ Gratitude with a spine

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.com/learning-hub

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