

# *The room you grow in*

*Teaching looks sociable. Up close it's quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.*

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YOGA PROS

*Handout 18 · goes with the Learning Hub article of the same name*



## ◆ HANDOUT 18

# Inside this handout

*Teaching looks sociable. Up close it's quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.*

|    |                                                                 |              |
|----|-----------------------------------------------------------------|--------------|
| 01 | <b>When to use this</b><br>The moments this practice is for     | page 2       |
| 02 | <b>The practice</b><br>Step by step, small and specific         | page 2       |
| 03 | <b>Your page</b><br>Space to write — keep it, date it           | page 3       |
| 04 | <b>Before you finish</b><br>A short checklist to close the loop | page 3       |
| 05 | <b>Related reading</b><br>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

- Nobody has watched you teach in years
- The only teachers you know are the ones you follow online
- You can't remember your last real conversation about teaching

◆ THE PRACTICE

## Step by step

### 01 Map your room

List the five teaching voices closest to you and what each one makes feel normal.

### 02 Be a student

Book into another teacher's class this week and take it from the mat.

### 03 One working conversation

Ask a teacher you respect for twenty minutes and bring one real question.

### 04 Keep a stretch voice

Stay close to one teacher whose standard makes you want to plan better.

### 05 Be the newest

Put yourself in one room this term where you're the least experienced person there.

◆ YOUR PAGE

## Write it *down*

*The five voices in my room right now:*

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*What my room currently makes feel normal:*

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*The room I'll add this term, and how:*

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◆ BEFORE YOU FINISH

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- ☐ Five voices mapped, screens included
  - ☐ Someone else's class taken as a student
  - ☐ One working conversation held this month
  - ☐ One voice in the room that stretches me
  - ☐ One room this term where I'm the newest
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## YOGA PROS

*This handout supports the article ‘The room you grow in’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.*

### RELATED READING ON THE LEARNING HUB

➤ [Who looks after the teacher?](#)

➤ [After the course high](#)

### FIND THE ARTICLE AND THE WHOLE COLLECTION AT

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

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*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.*

