

# *After the course high*

*Courses end and Tuesday comes back, and nobody warns you how fast. A fortnight is enough to keep one real thing, as long as you write the plan while the glow's still warm.*

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YOGA PROS

*Handout 19 · goes with the Learning Hub article of the same name*



## ◆ HANDOUT 19

# Inside this handout

*Courses end and Tuesday comes back, and nobody warns you how fast.  
A fortnight is enough to keep one real thing, as long as you write the plan  
while the glow's still warm.*

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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

- The week you get home from a course or retreat, CPD included
- When last month's course notebook is still in the bag
- When you're booking the next course mostly to feel that feeling again

◆ THE PRACTICE

## Step by step

### 01 **Pick one thing**

Choose a single practice from the course and let the rest live in the notebook.

### 02 **Write the plan**

One sentence with its moment named: after the school run, ten minutes in the front room.

### 03 **Set the floor**

Write a worst-day version small enough to keep when the boiler breaks.

### 04 **Start inside 48 hours**

The glow won't last. Begin before the old week closes over.

### 05 **Decide at the fortnight's end**

Ten minutes with the notebook to choose what stays, and at what dose.

◆ YOUR PAGE

## Write it *down*

*The one practice I'm keeping:*

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*My plan sentence, with its after and its where:*

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*My worst-day floor:*

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◆ BEFORE YOU FINISH

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☐ One practice chosen, the rest left in the notebook

☐ Plan sentence written and visible

☐ Floor version written next to it

☐ Started within 48 hours of getting home

☐ End-of-fortnight review in the diary

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## YOGA PROS

*This handout supports the article ‘After the course high’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.*

### RELATED READING ON THE LEARNING HUB

- You qualified. When do you feel like a teacher?
- A morning practice that isn’t for your students

### FIND THE ARTICLE AND THE WHOLE COLLECTION AT

**[theyogapro.com/learning-hub](https://theyogapro.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.*

