



March 2010 Teacher's Meeting w/ Pierre

- 6** opening chant and meditation
- 6:10** intro - Pierre - laser quick sharing for short, on-time meeting
- details and more ideas to be covered in follow up emails
- 6:15** check in - where are we now?
- what is Mt Yoga to you? how much of your yoga practice? your teaching?
your career? your spiritual community?
- how likely are you to be here in 1 year? in 5 years? in what capacity?
- 6:30** check in - where are we going?
how can we improve? how can we attract more
students? how can this become more of your community/practice/career?
- 7** outpicturing the future - sample provided by Pierre
creating a magnetic, dynamic center that flourishes and grows
(currently it seems to be a casual place where separate teachers do
their own thing and primarily use it as a rental space)
- 7:15** next meeting scheduled, and outpicturing homework
- 7:20** closing chant

common threads to unite eclectic classes

(listed in order they would occur in class)

- Mountain Yoga t-shirts that teachers wear when teaching (also can be sold to students)
- start on time
- opening interfaith prayer, example: “o spirit, bless us that we may purify body and mind, and feel our ever-present connection to thee... om om om (w/ harmonium/guitar)”
- while seated, opening breathwork (alternate nostril breathing?)
- decide on universal place for teacher to sit when starting class, and direction for students to face (toward current music wall changed to wall w/ new mirrors would be best)
- teachers talk teach from back of class, not demonstrate (except silent follow yogi classes)
- move the people first, no long philosophy/guided meditation at beginning - it is wonderful, but move them first and then sprinkle this in at the end, or at least after standing poses
- concluding breathwork (alternate nostril breathing/kaphalabhati/bhastrika ?)
- 4 min shavaasana w/ at least 2 minutes silent (or light music)
- announcements at end of class that are **specific** to Mt Yoga (workshop, new classes, monthly events)
- out the door ending on time

Teacher commitment to Mt Yoga (these are Pierre’s suggestions)

- attend class at least 2x/ week (3-5x/week is standard)
- when attending class, be in center of front row to support teacher, or wherever asked. demonstrate foundation of the pose for several breaths before going into deeper version
- help with check in process when attending?
- ensure everyone has signed in by signing for number of students (count is shavaasana)
- help with questions before and at end of class
- discuss only classes that you teach at Mt Yoga while in or just outside studio
- fill out feedback forms for teachers and be specific. Positive feedback is good, instructive how-to-improve feedback is essential
- a 6 mo. min. seasonal commitment to your class, missing that class no more than 6? times
- finding appropriate subs can include finding someone to lead a silent (follow-the-yogi) class appropriate to that level of class (foundation/athletic/advanced)
- take ownership of Mt Yoga as a significant part of your community/career or move on
- responsible for timely email responses (within 3 days) to manager

Levels in teaching successful flow yoga classes

1 - lead a silent class - keep the timing - hold the space (this is the hardest step). face the same direction as the students, not toward them. mirrors help. do your practice and leave them alone. usually no beginners, or if so they are behind you to follow

2 - talk teach a standard flow from the back of the room (bikram class/ashtanga primary series are examples). standard dialogue. learn to use your voice - give them volume and energy for warrior 3, for example... slow your voice for twists and forward bends. second sets of poses are great - they can just be counted.

3 - talk teach adding general verbal corrections. look and see what is the most needed correction - "straight, strong back leg" for example. add these after the getting into the pose dialogue, without losing your timing. dont wait to see everyone get it.

4 - talk while sharing personal experience rather than a generic dialogue.

5 - add specific individual verbal corrections ("great job ashley, now try slightly standing up and engaging your foundation, then exhale back down"). this personalizes the class, while also allowing others to check in with the same verbal correction

6 - add light "2 finger" touches, especially for those who do not hear verbal corrections (optional)

7 - add deeper experience adjustments, if trained (optional). This is deep, transformational and requires training. I recommend bodywork classes and t'ai chi in addition to posture clinics and hands-on yoga training.

8a) - lead a multi-level class, occasionally weaving 2-3 levels of students through different poses, then reuniting them

8b) - create your own flows using therapeutic guidelines for posture sequencing. Some people study this before learning how to actually teach. Teaching a flowing class starts with learning how to teach a standard class with all of the above steps (6,7 regarding touch are optional).

ways to make teaching simpler and more powerful

(the more energy you conserve the more space you can hold for the class)

- place students where they will help you (they don't get to pick - if they resist, explain why it will help you and create a better class for everyone, or just let them be, eventually when it is studio policy, they will have felt how it helps and do it without asking)
- front row(s) and right side (if you turn that way for warrior 2 type poses) to be filled first with teachers and the most experienced students
- use mirrors when possible. it allows for double the visual capability and for students to learn alignment visually as well as by feeling. and ultimately we are offering tools for students to learn how to be content with what they see when they look in their own eyes
- place beginners in the second row / left side or further back
- leave the back row empty to fill in with late students/beginners
- welcome beginners warmly and check in after class, if available. Then leave beginners mostly on their own during class - allow them to have an experience of the studio without being smothered with attention. Don't hold up class trying to get a beginner to understand and do the movement
- do 2 sets of standing poses, just counting the second set
- **do not** try to talk teach big movement vinyasas by-the-breath. advanced class students should know how to move by then. everyone else will be straining their breath. you will likely be losing your timing and talking way, way too much. people come to yoga to get away from information overload
- repetition creates knowledge. We are teaching. They are new. Until they learn the foundation movements, it makes no sense to have them changing between movements. Repetition is how we all learn. Teaching the same class also allows students to learn where they are in the poses over time. And the more people who know the flow, the less you have to talk.
- creating a new dance choreography each time is only useful if it is done seamlessly and postures are sequenced in a therapeutic order. This is generally for advanced classes
- keep it simple - advanced classes serve less than 1% of the population. a well taught foundations class would be fine for advanced students. a well taught advanced class is only good for advanced students. a well taught multi-level class is extremely challenging to teach, even for the most experienced teachers.

ways to make teaching simpler and more powerful

- **Sanskrit** names are for advanced classes and silent classes IF AT ALL. Sprinkle Sanskrit into other classes. You likely don't know correct Sanskrit pronunciation or understand it, most famous American yoga teachers don't pronounce correctly nor truly understand... **your students surely don't understand**
- Instead use English names that mean something to your students. Like "twisted ropes pose" instead of eagle pose. "Straight leg triangle" instead of triangle. If you want to introduce Sanskrit, do it in a meaningful way and from a place of knowledge - I have Sanskrit courses available online by donation www.evolutionyoga.org

3 basic levels of yoga flow classes

foundations - basic poses, primary actions, simple transitions, alignment dialogue is basic enough that people can feel it - save subtle alignment for monthly posture clinics, modifications, staying with back toe touching in warrior 3 for example

athletic - accessible to most reasonably fit people (bikram class, for example). sun salutations with extra breaths. hold poses at least 5 breaths if not longer. teach simple versions, advanced students will know deeper versions. keep it safe.

example: ashtanga vinyasa sun sal B:

1. bend your knees, inhale arms up chair pose
2. exhale forward bend, hands down
3. inhale step back to plank
4. exhale control your way down
5. 2 breaths, inhale into cobra
6. exhale down dog
7. R foot steps: 3 breaths in warrior 1
8. exhale down past plank
9. 2 breaths, inhale cobra
10. exhale down dog
11. L foot steps: 3 breaths in warrior 1
12. exhale down past plank
13. 2 breaths, inhale cobra
14. exhale downward dog, extra breath here
15. step or hop to your feet, then inhale long chest
16. exhale forward bend
17. bend your knees inhale chair pose
18. exhale, equal standing

advanced - may contain fast transitions, minimum 6 months practice recommended, less alignment, students should know their own modifications, less talking required, having well taught athletic and foundations classes will prepare more students for these

studio management improvements

student arrival

- clear under stairs for more coat/shoe room - move water, change coat hangers to wall
- remove mat stand for more room, replace with 3 rental mats to be cleaned by student
- rug, carpet for winter time outside door
- check-in process run by separate teacher or volunteer/trade person. plenty of people attend Mt Yoga who could help with this and could be trusted/trained to help
- check-in forms numbered for # of students, teacher verifies this # while students are in shavaasana. losing money to unregistered students is not ok - we are building!!!
- check-in by computer. seated small chair and table with person who greets students and ensures sign in

schedule

- rename classes with levels (1) fundamentals (2) athletic flow (3) advanced. Each can have subtitles "Tibetan Heart" for example
- standardize/fill class times and commit for the season
- redistribute classes toward athletic
- low attended classes can have a trade-based teacher, at minimum they can be silent follow-the-yogi classes
- see attached schedule suggestions

studio

- mirrors along wall - face that direction. eliminate bookcase, music station to cubbyholes
- props outside? or above cubbyholes
- cubbyholes up to ceiling
- heat situation fixed - second door for outside wall, window coverings
- anonymous feedback forms for classes visually prominent

teachers

- find additional newer teachers who are eager to learn and build Mt Yoga. train them to teach basic flows starting with silent classes
- teachers have access to private session time - must be scheduled
- find common threads to tie eclectic classes into unified education

long term

- fill schedule by end of 2011 - 36 weekly classes, 8 weekly meditations, monthly workshop, monthly kirtan and dinner, monthly teacher and staff meeting, (see attached)
- 1 seasonal retreat by end of 2011
- 200 hr TT by end of 2012
- 2 seasonal retreats by end of 2012
- second location in town by end of 2012
- 500 hr TT by end of 2013
- 4 seasonal retreats by end of 2013

current march 2010 schedule current total 19 posture / 0 meditation

pink writing is my direct experience or inference of the class level

	schedule description	actual (estimate)	I recommend
level 1 = foundation (basic)	4	3	5
level 1.5? = (basic plus)	4	2	0
level 2 = athletic	0	5	10
level 3 = advanced	11	9	4

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
		6-7:15 am Ashtanga advanced advanced				
8 - 9:15 Basic Plus foundation/ athletic ?		8 - 9:15 Basic foundation ?			8 - 9:15 Basic foundation ?	
		9:30-11 am Tibetan Ht advanced advanced			9:30-11 am Power Vinyasa advanced advanced	12-1:15 pm Basic Plus foundation/ athletic athletic
	12-1:15 pm Basic Plus foundation/ athletic athletic		12-1:15 pm Basic Plus foundation/ athletic athletic			
		4-5:15 pm Power Vinyasa advanced advanced				
5:30 - 6:45 Power Vinyasa advanced athletic	5:30 - 6:45 Power Vinyasa advanced advanced	5:30 - 6:45 Power Vinyasa advanced athletic	5:30 - 6:45 Power Vinyasa advanced advanced	5:30 - 6:45 Power Vinyasa advanced advanced		
7-8 pm Basic Yoga foundations ?	7-8:30 pm Tibetan Ht advanced advanced	7-8 pm Basic Yoga foundations ?	7-8:30 pm Tibetan Ht advanced advanced			

suggested september 2010 schedule

foundations 7 athletic 12/15 advanced 4/7 total 23 asana/4 med = 27
 (athletic and advanced have / because silent morning classes can be either)

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice			
	8:15-8:45 meditation	8:15-8:45 meditation	8:15-8:45 meditation		8 - 9:15 foundations	8:15-8:45 meditation
9:30-11 athletic or 9-10:30?	9:30-11 foundations	9:30-11 athletic	9:30-11 foundations	9:30-11 athletic	9:30-11 athletic	9:30-11 foundations w/concluding 30m philos. or meditation
	11:30-1 athletic		11:30-1 athletic			
					1:15-3:45 monthly workshop	1:15-3:45 monthly workshop
4-5:30 athletic		4-5:30 athletic		4-5:30 foundations		4-5:30 athletic
5:45-7:15 advanced	5:45-7:15 athletic	5:45-7:15 advanced	5:45-7:15 athletic	5:45-7:15 athletic	6 - 8 monthly kirtan, meditation and dinner	5:45-7:15 monthly teacher meeting
7:30-9 foundations w/concluding 15m phil. or meditation	7:30-9 advanced w/ concluding 15m phil. or meditation	7:30-9 foundations w/concluding 15m phil. or meditation	7:30-9 advanced w/ concluding 15m phil. or meditation	7:30-9 monthly workshop		

outpictured march 2011 schedule

foundations 10 athletic 14/20 advanced 6/12 total 36 asana/8 med = 44
 (athletic and advanced have / because silent morning classes can be either)

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	6:30-7:30/8 (early leave option) silent = follow yogi/ self-practice	
8:15-8:45 meditation	8:15-8:45 meditation	8:15-8:45 meditation	8:15-8:45 meditation	8:15-8:45 meditation	8:15-8:45 meditation	8:15-8:45 meditation
9:30-11 athletic or 9-10:30?	9:30-11 foundations	9:30-11 athletic	9:30-11 foundations	9:30-11 athletic	9:30-11 athletic	9:30-11 foundations w/concluding 30m philos. or meditation
11:30-1 foundations or 11-12:30?	11:30-1 athletic	11:30-1 foundations	11:30-1 athletic	11:30-1 foundations	11:30-1 foundations	11:30-1 advanced
1:15-3:45 privates	1:15-3:45 privates	1:15-3:45 privates	1:15-3:45 privates	1:15-3:45 privates	1:15-3:45 monthly workshop	1:15-3:45 monthly workshop
4-5:30 athletic	4-5:30 advanced	4-5:30 athletic	4-5:30 advanced	4-5:30 foundations	4-5:30 advanced	4-5:30 athletic
5:45-7:15 advanced	5:45-7:15 athletic	5:45-7:15 advanced	5:45-7:15 athletic	5:45-7:15 athletic	6 - 8 monthly kirtan, meditation and dinner	5:45-7:15 monthly teacher meeting
7:30-9 athletic w/ concluding 15m phil. or meditation	7:30-9 foundations w/concluding 15m phil. or meditation	7:30-9 athletic w/ concluding 15m phil. or meditation	7:30-9 foundations w/concluding 15m phil. or meditation	7:30-9 monthly workshop		7:30-8:30 meditation

