



The Nuts and Bolts of Teaching a Yoga Class

By Patricia Mason, Carla Bazemore

BookBaby, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. The Nuts and Bolts of Teaching a Yoga Class is a manual for new yoga teachers. It discusses the many aspects of teaching that usually aren't included in teacher training courses. The first portions of the book deal with lesson plans: the reason for creating them, the four parts that each class plan should contain and the purpose of each part. The book introduces a master class plan that can be used for many types of classes and explains how to vary the classes. The book encourages the use of stick figures in lesson plans and includes an appendix of over 150 stick figures of yoga poses. The next section concerns the basics of teaching. These include ways to best utilize your yoga space, dress for class, teach poses, and begin, pace, and end classes. A third section deals with techniques that will transform your teaching abilities from good to great. Topics included are giving instructions most effectively, using your voice as a teaching tool, mirroring poses, including your unique qualities in your class, and use of music. Another section covers...



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