

# Sharing a Yoga Class

YogiPi Yoga Workbook

Photo by Kendall Lane on Unsplash

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by María Silveti &  
Piyush Patel

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**“Yoga is 99% practice and 1% theory.”**  
**Sri Krishna Pattabhi Jois**

## Putting your beliefs into action

by María Silveti & Piyush Patel

# Namaste lovely people

Here we start!

We are going to work together on how to improve your confidence, knowledge and skills to be able to share an awesome Yoga Class.

What will make your class special and what beliefs would you like to share with your students?

It is wise to practice what you preach without actually preaching!...but sharing your innate wisdom from your practice. This is the best way to put your belief into action.

Being a new Yoga Teacher makes you feel many emotions at the same time.

Excitement, love, happiness, but also a bit nervous, right?

Putting into words these emotions is going to help you to know yourself better. I am going to ask you to do a list during this course and it is very interesting to see the answers when you have finished it!

Let's play a little!



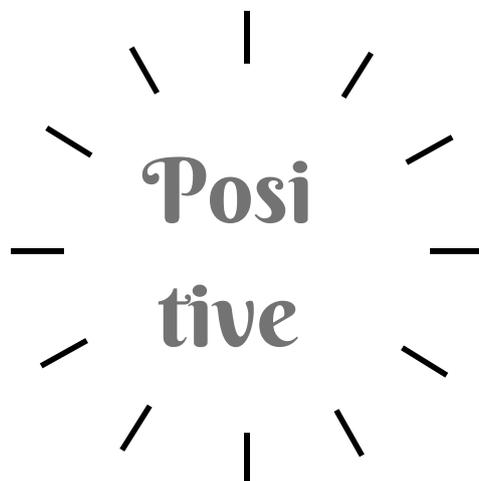
So, please, write down sensations, feelings, emotions, any word that comes to your mind about being a new Yoga Teacher in town.

Take your time...



I would like you to link each of the words you have written down in your paper with the illustration. Which one are you nearer to?.....

Negative or Positive?



Check them and see if there are more positive or negative words in your list. The idea is to work in positive ideas to improve your confidence and inner strength in this new challenge that you are starting. So if you are having more negative emotions write down the following words:

**Opportunity**

**Beginning**

**Healing**

**Gift**

**Embrace**

**Path**

**Inspiring**

**Honesty**

**Consciousness**

**Possibility**

**Creativity**

**Divine**

**Trust**

**Health**

**Wellness**

**Prosperity**

**Be present**

**Abundance**

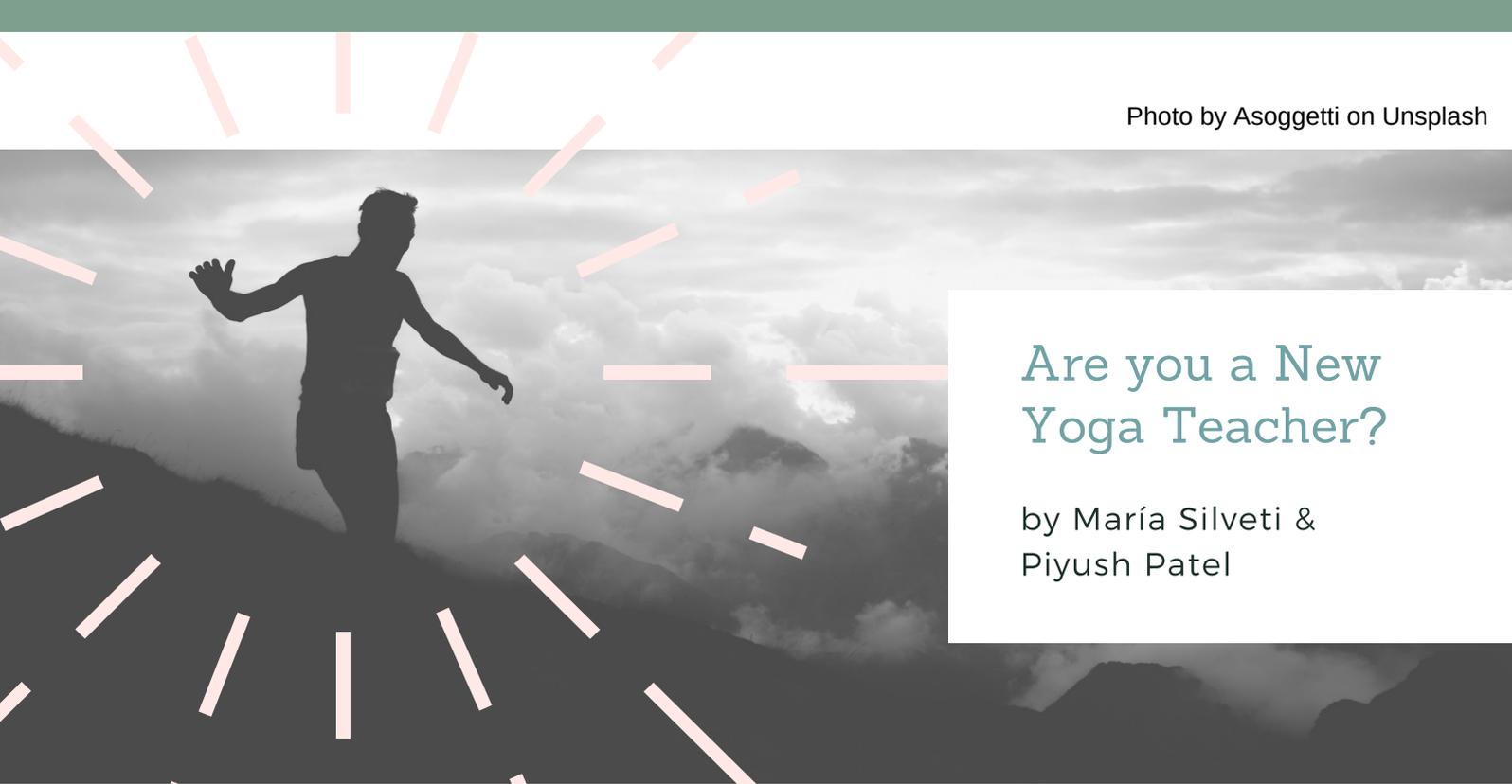
**Gratitude**

**Transform**

There are many words to add to this list.

All your emotions, sensations and feelings are alright and normal.

Is your list more positive now?... Let's move forward for more.



## Are you a New Yoga Teacher?

by María Silveti & Piyush Patel

Remember that you are giving the best of yourself. That's what your students are going to receive from you. We call it your gift and its truly unique.

Think of a class as a beautiful gift-box where you put in your knowledge, your practice, your teaching methodology and your love. That is the unique gift you have for them. It is important to master the teaching methodology because half of the class remains in your knowledge about Yoga and the other half is how you deliver it.

In TTC Courses teaching methodology classes, practitioners learn about how to deliver a well structured and balanced class.

We are going to go through the main concepts to refresh your mind.

- Prepare the class in advance. Try to balance between planning and spontaneity.
- Always ask for injuries and female menstruation/ mooncycle before starting.
- Give clear instructions to get into and out of the pose.
- First demonstrate the asana and then the class can practice it whilst you fully observe.
- Don't teach poses you don't know.
- Don't put anybody at risk especially if the student does not feel comfortable.
- Always keep an eye on the students particularly those straining or trying too hard.
- Focus in foundation, alignment, breath and softness.
- Practice with Ahimsa and Satya (Non-violence and Truth)
- Make corrections with spatial awareness and love.
- Be patient.
- Try always to use the nicest words to make a correction or to explain a concept. Each one of your students is trying to do their best.
- Breath in and out through the nose softly, slowly and deeply.

No master started by being a master. Experience will come if you persist in improving the quality of your teaching through your practice.

A high quality yoga class is not only about the teacher, but the exchange of energies between the teacher and the practitioners. Both are learning from each other. Personally, we think that it is important to have the student's feedback. You can tell what is working and what is not. Don't hesitate to apologize if an instruction is not clear enough or if you get confused in the pose. We are all humans and we can make mistakes.

Clarity and self-practice will give you confidence. As mentioned before, do not try to teach something you don't know. If you know how it feels from your own experience, you can guide the students with greater clarity deep into the asana, breathing technique or meditation.

There's nothing more distracting to a student than hearing a yoga instructor stutter or stumble when guiding a class. The same happens with your body language. Your "job" is to be a soothing voice for your students throughout the hour-plus that you are teaching. Practice the Sanskrit pronunciations, write down your sequence and memorize it, and try your best to get all your nerves out before you walk in the door of the Shala. If any nervous-ness comes to you, inhale and exhale deeply through your nose a couple of times.

Smile within and allow that smile to shine externally. Spend 1 or 2 minutes for a silent meditation as a group or savasana to restore your calm and go on. Even if this sensation or emotion persists, it is good to share it with the class, for sure together the answer will come up and will be able to transform the energy. Don't hold it during the class. That is our advice.

Always ask for injuries and illnesses before starting. This is a quality class differential. Most of the students may diminish chronic pain or illnesses. They have been with them for such a long time that they take them as normal. Some of them will feel ashamed to say, but if the teacher does not know about them, they cannot help to treat them through Yoga and the benefits of it. Or even worse, some asanas may increase the issue. A key is to name a couple of frequent problems to encourage them to tell you in the beginning of the class like scoliosis, neck pain, contractures, hypothyroidism, heart problems, etc.

As Yoga teachers you move in a zone between wellness and illness. Having the right information is very important. Never give a medical opinion about the illness but give a Yoga point of view (remember we are not doctors). We personally know that Yoga can do an incredible job in preventing, restoring, healing the body and mind. Sometimes, depending on the problem different types of medicine and knowledge can and do work together.

If someone comes to you with a problem you don't know, then it is very honest of you to say something like "I will research important information and get back to you."

Something that we love to say to our students, because I am sure about it, is that the body is amazing. I often tell them to talk to every little cell in the body to restore the energy and wellness. You can look for positive affirmations to say during the class for those that need to embrace health again. Eg, practice with the awareness of having an 'Attitude of Gratitude' or "Remember, the pose begins when you want to leave" or "Expect nothing and appreciate everything" or "the quality of our breath expresses our inner feelings" or "...?"

We highly recommend the following books if you want to learn more about the Therapeutic Healing of Yoga.

### **Ayurvedic Yoga Therapy**

Mukanda Stiles

### **A Gem for Woman**

Geeta Iyengar

### **Yogasana and Pranayama for Health**

Dr.P.D. Sharma



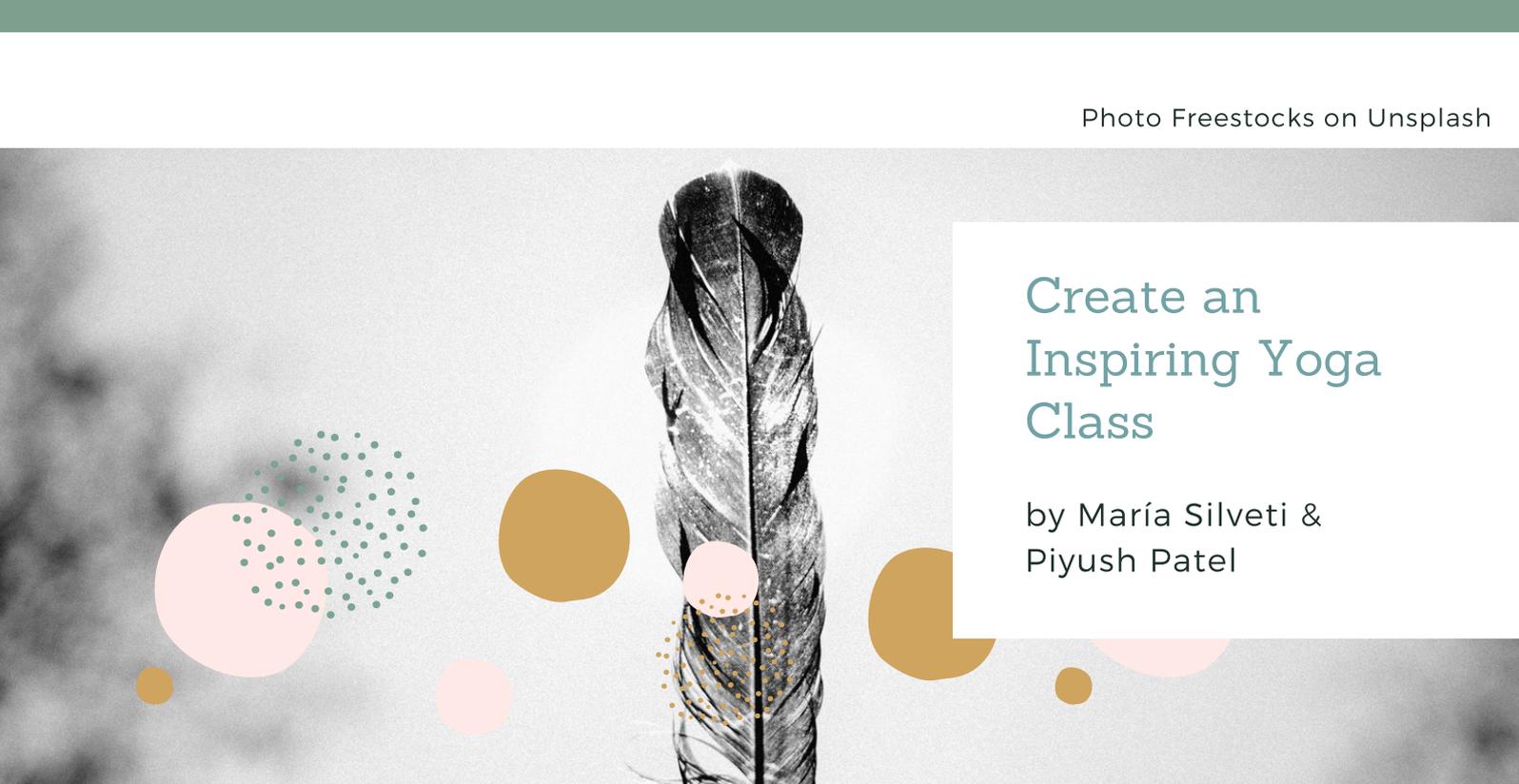
Experience will come if you persist in improving the quality of your teaching through practice.

This Workbook is the opportunity to revise and go deeper in the knowledge you have achieved during your TTC Course and Yoga practice before and after it. One month of training gives you a large panorama but it really is only just the beginning and as in any other field you need to go on studying and most importantly practicing.

We are all students for life. We encourage you to read again your TTC Manual, make new notes, search for more information... go deeper within. You will feel more grounded, earthed and confident. If you don't have your Manual for any reason you will find a list of books at the end.

For those students that took YogiPi TTC Courses, if you want to receive the Manual in a PDF file please send an e-mail to [yogipi@hotmail.com](mailto:yogipi@hotmail.com).

Hari Aum



## Create an Inspiring Yoga Class

by María Silveti & Piyush Patel

### Create, share, enjoy...

- Write down your class script.
- Find your words and voice.
- Yoga is not only Asana.
- Adjusting,
- Going within.
- Surrender.
- Take some extra minutes for questions.
- Don't forget to breath!

There are many ways of approaching to design a class. In the beginning, We suggest to write it down, memorize it and leave some space for your own flow. With time and experience you will need less planning. At this stage, creating your script is a responsible and self-learning process. We like to call it a script because it feels like a whole thing in a nice/particular order to achieve your goal. Not just a list of movements and instructions to be said.

First of all follow your intuition to find a theme or title for your class. For example: a restorative class; heart opening, lower back class, balancing your energies, etc. The theme will guide you to select the correct content.

You can create the perfect sequence for your class if you follow your heart. It may sound a bit corny but your voice, ideas, your experiences, little details and your love is what will make it special.



It feels so good attending a class where the teacher gives the best of themselves, with clear instructions, excellent voice, beautiful silent moments, eye contact, words of encouragement and the perfect touch when correcting.

While doing your own self-practice, give the instructions in a loud voice as a rehearsal (record yourself). Listen to it. Is it sweet, calm, clear, too harsh? Moderating it is a great key to guide the class into different moments and moods.

Get some practice looking at yourself in the mirror. See your body language and attitude. Can it be softer, flowing more? This will depend on your personality and the kind of bond you want to create with your students.

Try to follow the feeling in your body during the process. Try to be very clear and accurate.

Following sequences by other teachers is not the same, but of course, we can get inspiration from them. When you attend Yoga classes as a student, bring a notebook with you and write down the little things you liked about the class. After a while, you will have many ideas to put into practice in your class but with your own personal touch.

Remember that a Yoga class is not practicing asanas only so in order to structure a 75/90min class it is wise that you factor in some minutes for an introduction savasana to leave the outside world behind, warm-ups, a seated meditation/ chanting, asana practice and pranayama and always reserve 10 or more minutes for a final savasana.

In between the asanas you can add a few minutes of savasana when and if you feel it is necessary.

Think of the rhythm of the class. Feel it and allow the energy of the moment to guide you.

- **Introduction**
- **Warm Up**
- **Savasana**
- **Meditation / Chanting**
- **Asanas**
- **Pranayama**
- **10 min relaxation**
- **Surrender**
- **2 minutes of questions and feedback**

Please repeat several times:

"Please breath in through the nose softly, slowly and deeply and out through the nose softly, slowly and deeply."

Adjusting:

Correct adjustment brings stability, ease and awareness to the students practice. You know where the student should be but how they get there is an expression of their specific bodily limitations. Tune in with them and with experience you will learn to harmonize with them so your inner wisdom can contact and awaken theirs. This comes with practice, faith and the confidence that comes with time. Remember that every adjustment is new and should be approached with a beginners mind. The deeper your practice has taken you into the subtleties of alignment within your own body, the easier it will be. Your own self-practice will continuously tune your intuition. Remember that perfection in the pose is not about quantity of movement but is about the student using their capability to the fullest. Do not push the student bodies or minds over their limits.

Practicing Yoga during the class will guide us to go within progressively. After the liberation that meditation may give us, the expansion that Pranayama may give us, the effort and release that asanas may give us, we need to go within and feel the full benefit of the practice.



Don't rush. Guide them to their inner journey of awakening and joy.

Silence and some choice words will help the students fall into this calm, inward space. Some teachers repeat the same words to deepen into the space within. Others just say what comes to them in the moment feeling the energy of the class.

Find your way and trust your intuition.

Surrender to this moment, to Mother Earth, to the Divine, the Universe, to Nature or whatever you choose to worship and be grateful. Developing this feeling, absolute joy will come.

Give the time for everybody to reach these moments.

Don't rush.

Guide them to their inner journey of awakening and joy.

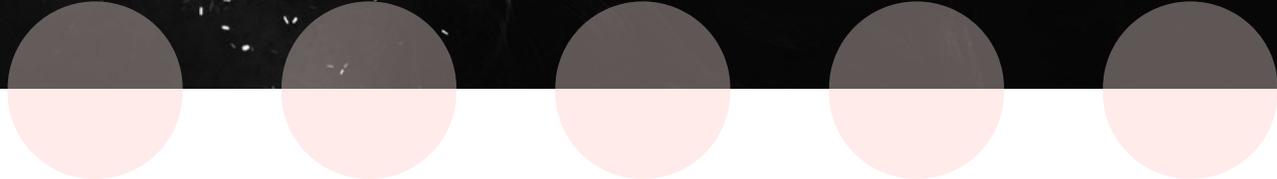
Personally, we like to end the class with any questions the students may have and with the opportunity for instant feedback whether it is about how they felt during the class or your way of teaching or any other questions they may have.

Happy hormones and feelings are awakened after practice ,so most of the time you will receive lots of love back. Class is finished!



## Get in tune with the solar and lunar energy

by María Silveti & Piyush Patel



Many Ancient traditions practiced the worship of the Sun. The Egyptians aligned the great Pyramids to receive maximum solar radiation. The Aztec, Inca and Mayan civilizations had temples dedicated to the solar gods. Many traditional cultures revere the moon as a manifestation of the divine feminine (Shakti) force in nature.

According to Hatha Yoga, this force also resides within us. Whereas solar energy is warm, active and outwardly oriented, lunar energy is cool, receptive, and inwardly focused.

In India, the lunar calendar marks all the celebrations during the year either by Full or New Moon, eclipses and seasons.

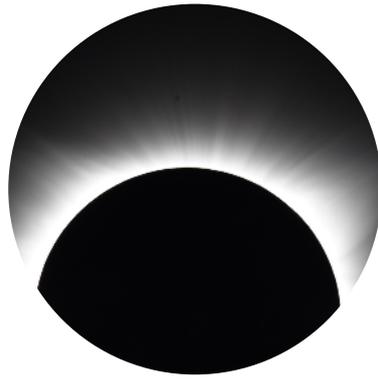
Yang and Yin represent the dual relationship in nature symbolized by the sun and the moon or Pingala and Ida in yogic philosophy.

The aim of Hatha Yoga is to balance our lunar and solar energies, but our asana practice tends to reflect a bias for the solar, because we often emphasize sun salutations and heating practices in the quest for physical fitness.

Society typically encourages our solar, more masculine impulses, making it easy to pursue worldly achievement rather than inner awareness.

We have 28 days of Solar practice in a month and two days of the lunar.

Remember that the healing aspect of yoga occurs during the Lunar phase.



## **Surya Namaskar**

warm, active and outward

## **Chandra Namaskar**

cool, receptive and inward

Surya Namaskar/ Sun Salutation is a series of twelve asanas. These postures should be learned individually and then collectively in synchronization with the breath and the corresponding mantras and thereby activating the various names of the sun gods.

We can invoke and pay homage to the lunar energy in nature and within by practicing Chandra Namaskar/ Moon Salutation. The 15 steps in the sequence represent 15 tithis or lunar days; a 16th step honors the tantric goddess Shodashi, who presides over all the phases of the moon. When practiced with devotion and gratitude for the divine feminine, Chandra Namaskar sequence can become a full body prayer.

An inward-moving and mildly calming practice the sequence is safe to explore for anyone who practices Moon salutations, and many women find it soothing during menstruation, pregnancy and menopause.

During the month, according to Hatha Yoga, you can tune in to these energies and deepen the connection we have to nature and the whole Universe.

We recommend downloading a lunar calendar so you can plan your classes during the month reserving the New Moon and Full Moon Day for a softer, cooler, inward and healing class.



## Anatomy Training is Essential for Yoga Teachers

by María Silveti &  
Piyush Patel

We want to include some ideas about why you should deepen your knowledge in Anatomy, Physiology and Psychology of the body and mind. Often, in trainings, students don't give much importance to this aspect.. They want to have asana classes only.

I am going to tell you the two most significant aspects of knowing the body for your classes.

### **1. Work on a pain, chronic disease, disorder through Yoga.**

Before you start a class you ask the students if they have any illness or pain you should know of. If you ask you will have answers. Some students will show spinal x-rays, medication they are taking, any limitations or fears they may have. Either way, listen carefully and remember we are not Doctors.

The only way to handle it in a responsible way is to study it by working with the body, emotions, intellect and the mind through our deep knowledge of Yoga. If we are to help then we need to know the basic functions of the physical body and how to offer clear and effective help.

### **2. How to give clear instructions and explanations.**

In order to give better and precise instructions we need to know the body, its mechanism and its potential.

A facet of teaching is delivering it in the best way possible or to be able to explain the same with different words. Not everyone will understand what you are trying to explain so it is wise to be able to offer your wisdom with choice words that can be better understood.

Information and practice is a way to raise your level of teaching and to deliver it better.



## Discover the beauty of Sanskrit

by María Silveti & Piyush Patel

Making the time to incorporate some sanskrit words to your vocabulary is going to bring you closer to the source of knowledge. You will understand some terms, asana names and mantras better. The asanas and other practices combine words in sanskrit and when we break them down individually it really starts to make sense. eg. Adho Mukha Svan-asana that means Downward Facing Dog Pose.

Discover the beauty in these 50 Key Sanskrit words:)

### **Adho**

Downward.

### **Ahimsa**

Non violence; Non harming. The single most important moral discipline (yama).

### **Ananda**

Bliss: the condition of utter joy,

### **Ardha**

Half.

### **Asana**

Seat: a physical posture (see also anga, mudra); the third limb (anga) of Patanjali's eightfold path (astha-anga-yoga); Yoga pose.

### **Atman**

Self: the transcendental Self, or Spirit, which is eternal and superconscious; our true nature or identity.

## **Avidya**

Ignorance: the root cause of suffering (duhkha); also called ajnana.

## **Ayurveda**

Ayur-veda life science: one of India's traditional systems of medicine.

## **Aum**

Om: The originating and all- encompassing sound of the universe.

## **Bandha**

Energetic engagement.

## **Bhakti**

The practice of devotion.



## **Bhastrika**

A type of pranayama where air forcibly drawn in and out through the nostrils.

## **Bhujanga**

Cobra.

## **Brahma**

God: the supreme being: the creator; the first deity of the hindu trinity.

## **Chakra**

Wheel: literally, Energetic center of the subtle body.

## **Chandra**

Moon.

## **Citta**

The mind.



## **Dharana**

Meditative concentration; the sixth limb of Pantanji's yoga.

## **Dharma**

A term of numerous meanings; often used in the sense of "law," "lawfulness," "virtue"

## **Dhyana**

Meditation Contemplation; the seventh limb of Patanjali's yoga

## **Dristi**

Gazing focal point.

## **Eka pada**

One legged or one footed.

## **Guru**

A spiritual teacher; One that illuminates the spiritual path.

## **Hanuman**

The practice of devotion

## **Hasta**

Hand or arm position



## **Kali**

A Goddess embodying the fierce (dissolving) aspect of the Divine.

## **Kapala**

Skull.

## **Karma**

Action.

## **Karma Yoga**

The Yoga of Action.



## **Krishna**

An incarnation of God Vishnu, the God-man whose teachings can be found in the Bhagavad Gita and the Bhagavata-Purana.

## **Kundalini-Yoga**

The yogic path focusing on the kundalini process as a means of liberation

## **Mantra**

Sacred sound; prayer.

## **Moksha**

Liberation.

## **Mukha**

Face.

## **Mudra**

Seal; hand and fingers positions.



## **Nadi**

River; energy channel.

## **Nidra**

Sleep.

## **Namaste; Namaskar**

Greeting from ones self to another.

## **Patanjali**

Compiler of the Yoga Sutra, who lived c. 350/400 C.E

## **Pada;**

Foot or leg position.

## **Padangustha**

Big toe.

## **Parivrtta**

Twist or revolve.



## **Parsva**

Side; lateral.

## **Paschimo**

The backside of the body.

## **Prana**

The life force sustaining the body; the breath as an external manifestation of the subtle life force.

## **Prasarita**

Spread out; stretched out.

## **Samadhi**

Bliss; meditative absorption.



## **Satya**

Truth: truth, practice of truthfulness, which is an aspect of moral discipline (yama)

## **Setu bandha**

Bridge.

## **Surya**

Sun.

## **Ujjayi pranayama**

Victorious breath.

## **Urdhva**

Upward.

## **Utthita**

Extended.

## **Viparita**

Inverted; upside down..



## **Virabhadra**

Warrior.

## **Vrksa**

Tree.

## **Yoga**

From the root yui "to join"; union..



## Good vibes

by María Silveti &  
Piyush Patel

To finish I want to add more words to the list we did in the beginning.  
Choose words to start creating ourselves the way we want to be.

Find your voice serving the energy of your soul.

**Expression, Community, Intention,  
Love, Resonate, Freedom, Open,  
Self-care, Inward, Helping, Calm,  
Stillness, Flow, Goodness,  
Compassion, Silence, Awareness,  
Mother Earth, Attunement, Bliss,  
Nature, Focus, Observation,  
Contemplation,  
Diversity, Respect,  
Thank you.**