

You already know how to do this

*The business side isn't a new set of skills. It's the discipline
you already have as a teacher, pointed at a room you've
never pointed it at.*

YOGA PROS

*Handout 00 • goes with the Learning Hub article of the same
name*



◆ HANDOUT 00

Inside this handout

A page for proving that to yourself. Five things you already do on the mat, written out in your own examples, and then one thing you'll point them at.

01	When to use this The moments this practice is for	<i>page 2</i>
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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

- Before you start anywhere else in this collection
- If the business side feels like something you'd have to become a different person to do
- When you've bought the course, downloaded the template, and still not started
- If you've ever said 'I'm not a business person' out loud

◆ THE PRACTICE

The five you already have

01 You read the whole body

A student says their shoulder hurts and you look at how they stand. Numbers drop in the winter term and the answer is almost never in the winter term.

02 You practise unwatched

No register, no supervisor, nobody who'd ever know. You do it anyway. That's the only kind of accountability that works.

03 You know a posture takes years

You'd think it odd if someone expected to arrive in eight weeks. The business side gets one frantic January and is abandoned by March.

04 You're not rigorous in one place and sloppy elsewhere

How you approach one thing under pressure is how you approach everything under pressure. The contract avoided for four months is a pattern, not a flaw.

05 You already serve beyond what you're paid for

The twenty minutes after class. The message at half ten. The only thing missing is doing it on purpose, and further than anyone else bothers to.

◆ YOUR PAGE

Write it *down*

The last time I was patient in my teaching:

A pattern I spotted in a student that wasn't where the pain was:

The thing I've been avoiding for months:

The date I chose for it:

The last time I did something nobody would have checked:

Something I do for students that I've never counted:

The ONE thing I'm starting with:

The person I'm telling:

◆ BEFORE YOU FINISH

☐

Written one honest line about patience or discipline in my teaching

☐

Read it back and accepted that person could cost a class properly

☐

Chosen ONE thing, not a plan for all of it

☐

Given it a date I chose myself

☐

Told one person

YOGA PROS

The Business collection • the opener

RELATED READING ON THE LEARNING HUB

➤ Who do you work for?

➤ What an hour of your teaching actually costs

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapropros.com/learning-hub

This guidance is for general awareness and professional orientation. It is not a substitute for professional legal, tax, or insurance advice, or for medical or mental-health care, specific to your individual situation.

