name: Your name here

Yoga for All Reflections Workbook

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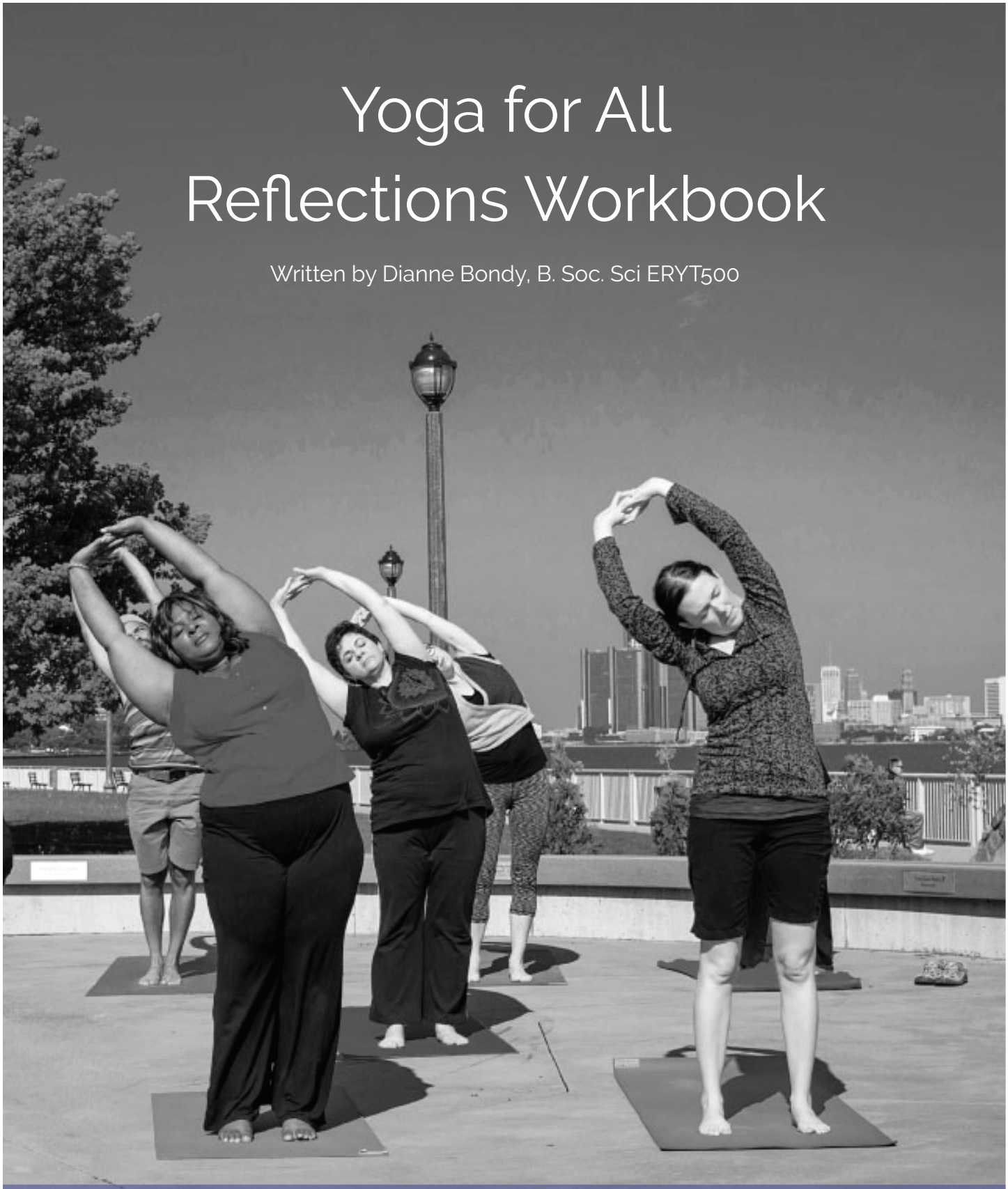

yoga for all

Feel free to use these journaling or writing prompts to reflect on your learning or take action around the concepts we've discussed in this course. This workbook is to help you embody and internalize the information so that you can effectively teach these concepts in your class. This workbook is for your own personal use and self-directed learning.

Module 1

Think about a pose that you have trouble with in your body for whatever reason. What do you do to make that pose work for you?

Tell your "yoga story". How did you find yoga? What has your practice been like over the years? What keeps you coming back to the mat?

How has yoga changed how you feel about your body?

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou

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What is one way you can apply *ahimsa* to your practice? Your teaching practice?

Have you ever been injured during yoga? Were you "listening to your body?" or were other factors at play?

Write your mission statement as a yoga teacher (see the bio/mission/vision worksheet bonus for some extra help).

"The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life." — Muhammad Ali

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What does body image mean to you? How do you define body image in your yoga class?

How are the messages and images in the yoga industry affecting the psyche of our students?

What determines health for you?

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." — Rumi

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How are we as yoga teachers creating or perpetuating harm in the yoga practice?

How do we change the images and conversations around yoga?

How can you start embracing your own positive body image?

How do you change the negative talk and concepts around your body? How do you share this with your students?

"The supreme art of war is to subdue the enemy without fighting." — Sun Tzu, The Art of War

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How can you help empower your students?

Part of yoga is getting to know who you are and what you are about.

What does compassionate self study mean to you?

What are some of the ways we can make our language more inclusive and accessible?

"Keep me away from the wisdom which does not cry, the philosophy which does not laugh and the greatness which does not bow before children." — Khalil Gibran

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Module 2

Why is consent around touch important in your classes? What methods will you employ for obtaining consent around touch?

Your student can't bear weight in plank pose and is discouraged. They start talking along the lines of, "I'm so weak! I'll never get it." What do you say to this student? How could you turn this into an empowering moment for the whole class?

Reflect on your personal experiences coming into a yoga class or stepping into a studio. Can you remember the worst experience? The best? What were the differences between the two?

"I have only three things to teach: simplicity, patience, and compassion. These three are your greatest treasures." — Lao Tzu

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Reflect on a bad (neglectful, harmful, inappropriate) hands-on adjustment you received at some point in your practice. What went wrong? What could be improved?

If you are currently teaching, add one of your new sun salutes to your current flow. Please share with us in the Facebook group the reflections and experience with the new sun salute.

How did your students react or respond? Did you have trouble incorporating the props? How are you feeling?

"The opposite of a correct statement is a false statement. But the opposite of a profound truth may well be another profound truth." — Niels Bohr

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Class step up: what can you do to step up your asana classes to make more accessible? Where do we put new students who may need props or access to a wall? (See Yoga For All Manual)

How do we teach progressively? (See Yoga For All Manual)

"We learn by example and by direct experience because there are real limits to the adequacy of verbal instruction." — Malcolm Gladwell

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Module 3

What are 2 strategies for teaching backbends to larger bodies?

Create 3 warm up sequences you can have at the ready. Perhaps one seated, standing, and one lying on the back.

"It is better to live your own destiny imperfectly, than to live an imitation of somebody else's life with perfection." — Bhagavad Gita

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Practice the sun salutation variations. Notice how it feels - do you notice a difference between practicing this way (with blocks, with different options) than the "traditional" sun salutations? What was different?

Practice teaching a new variation on sun salutations or breaking down a pose like down dog or child's pose in one of your classes. How did people react? Did they notice a difference? How did it feel introducing something new?

"And now here is my secret, a very simple secret; it is only with the heart that one can see rightly, what is essential is invisible to the eye." —Antoine de Saint-Exupery

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Module 4

What poses are you working on in your own practice? How have you found a way to make them work for your body?

Is there a pose where you don't quite understand the challenge in one of your student's bodies? What is it? What do you think is happening?

"Fear knocked on the door. Faith answered and, lo, no one was there." — Anonymous

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Pick a pose that has many variations like pigeon, side plank, or savasana and talk through the pose, as if you were teaching it. How do you introduce the modifications in a positive way? In what order do you cue the pose? Create a "no props" sequence to have at the ready.

What are some of the ways we can build strength and confidence in students to prepare for inversions and arm balances?

"Do not judge your neighbor until you walk two moons in his moccasins." — Cheyenne wisdom

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How would you introduce Bakasana or crow pose into a class?

What are some simple arm balances you can all to classes that build strength?

"I have learned silence from the talkative, acceptance from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers." — Khalil Gibran

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How do you know your students are ready for arm balances?

How would you sequence an arm balances class?

"If my world is not sufficient without thee, my friend, I will wait till it is and then call thee. You shall come to a palace, not to an almshouse." — Henry David Thoreau

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Overall review

How have you used your exercise in compassionate self study to enhance your teaching?

How has your language changed when teaching your classes? How have your students responded?

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How do you ask for informed consent from your students?

Name 3 things you learned from this course and what was or biggest a-ha moment?

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How will these teaches impact or influence the way in which you approach teaching yoga?

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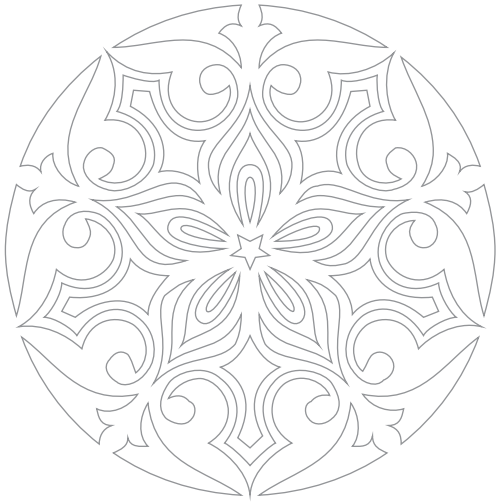

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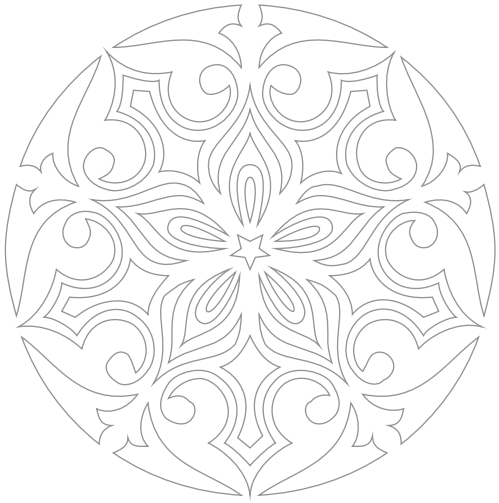

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About Dianne Bondy: Author, Motivator, Risk Taker, Educator, Yoga Teacher, and Leading Voice in the Diversity in Yoga and Yoga of Inclusion Movement.

With over 1000 hours of yoga training in diverse modalities such as yoga therapeutics, restorative yoga, meditation, and Anusara Yoga – Dianne truly believes that yoga is for all! She is passionate about creating a more diverse playing field in the yoga community and is a highly recognized voice in the Diversity in Yoga and Yoga of Inclusion movements – where all shapes, sizes, ethnicities, and cultural backgrounds are recognized and embraced both on and off the mat.

Dianne Bondy is an E-RTY 500 with Yoga Alliance, with extensive training in yoga therapy. She is a regular columnist for Elephant Journal and Do You Yoga, has been featured in *Yoga Journal* magazine, and appears as a guest author in the books: *Yoga and Body Image*, and *Yes Yoga Has Curves*.

She is the founder and Managing Director of Yogasteya virtual online yoga studio that specializes in yoga for all shapes, sizes, and abilities. The goal of Yogasteya is to empower people through yoga. She developed and continues to teach the Abundant Bodied Yoga Teacher and Yoga for All yoga teacher training programs, runs retreats and workshops internationally and is a founding member of the Yoga & Body Image Coalition.

Journal design by Sharon 'Muse' Rhiney

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