

THE CONFIDENT EMBODIED YOGA TEACHER

Want to feel more confident in your teaching?

Use these 5 steps to set an intention as to how you will show up to teach. Decide ahead of time. Want to teach with more confidence and passion? First, declare it. Embody it. Then take the steps necessary to teach as if it is already true.

State your intention for whom you are being aloud.

You cannot just think it. Speak it into being.

Be clear and keep it simple.

Clarity creates ease and success.

State your intention in the positive not the negative.

Focus on what you want not what you don't want.

Determine the how.

In what way will you do this? Be specific and pick one thing.

Anticipate any roadblocks or potential pitfalls.

Be prepared so you are not thrown off your game.

Repeat.

You are imprinting this into your body, mind and soul so that you embody it.