**Top 10 Mistakes Yoga Teachers Make**

Most yoga teachers are nice people but can they teach?

1. Not teaching to their audience. Always teach to the Beginner 1st. Downward Dog is not a Beginners pose. It is an inversion.
2. Not offering modifications & precautions. Our body is not every body. Each student in the class should have a place to be and or go. Yoga is not a spectator sport.
3. Closing their eyes &/or practicing with the students. We are being paid to teach, not to practice.
4. Talking is not teaching. Guide students safely into postures; refine details while in the postures and safely guide them out. Use direct, concise, language. “Come in to Downward Dog”, “switch sides” is not teaching.
5. Not teaching warm-ups to prepare the body for the postures. Passive & supportive stretches prepare the body for the poses i.e. Leg Cradle before Pigeon (not after)
6. Demonstrating postures when not necessary OR not demonstrating postures when necessary. Demos (stop & watch me) are used for safety and to enhance a class. They are not offered in lieu of teaching.
7. Preaching instead of teaching. Philosophy (like demos) should enhance a class not take the place of instruction.
8. Skipping the foundational postures; how to sit, how to stand. i.e. Mountain must to be taught to move into Tree or any balancing pose.
9. Ending and/or starting the class late. Respect the students.
10. Not attending classes. Practice what we teach. We become teachers because we love doing yoga. Good teachers are forever students. A certificate does not change this.

**Bonus #11 - Sitting with poor posture.  Lead by example!**

It is our job/responsibility is to provide a SAFE place for people to find themselves.





Breathe Yoga School ~ Where we train you how to teach!

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