

9 POINT CHECKLIST BEFORE TEACHING YOUR FIRST YOGA CLASS

1. Know your sequence well enough to end on time – Make sure your sequence fits within the time allotted for the class 60, 75, or 90 minutes
2. Prepare options or modifications for students with less experience / or who may have injuries
3. Know the environment you'll be teaching in – How to use the speakers... is there a clock in the room? Make sure you'll have everything you need (props etc)
4. Practice teaching your cues on a beginner to see what really works - ie, your mom, your bf/gf, friends and family
5. Record yourself practice teaching so you can hear yourself – to find your authentic voice
6. If you want to use music, prepare your playlist ahead of time so you don't have to manage it during class
7. Wear something that makes you feel comfortable and shows your personality
8. Be prepared to market yourself at the end of your class for any future classes
9. Right before your class: get a good sleep and clear your mind so you can be present for the students. Try: practicing the sequence – meditating – dancing around etc...