



## MY YOGA-MINDFULNESS-MEDITATION READINESS TO TEACH

When it comes to your readiness to teach, we urge you to “begin where you are and do what you can.” You can do much to help alleviate stress and uplift your students through your teaching.

Here are a few questions for your reflection:

1. I feel most prepared to teach which of the following?
  - Yoga
  
  - Mindfulness
  
  - Meditation
  
2. You can teach what you have practiced and what you love about the practices.
  - What have you practiced? Where is your comfort zone?
  
  - What do you love about your practice?
  
  - When you sit quietly, what insights do you gain about how to teach?