Teaching Beyond the Physical

BREAKING DOWN CUES

Each time you cue a yoga posture during your vinyasa class, how you speak to the posture should vary so that you are lighting up your students bodies in new and profound ways. Beyond that, this process of peeling away your cues lays the groundwork for your students to find the teacher within as they begin to more deeply connect to the rhythm and sound of their breath and get less entangled in what the shape has to be called or "look like". Use the space below to brainstorm ways you can cue the same shapes progressively.

1

K.I.S.S. (Keep It Simple and Sensual)

These cues should **get our students connected to breath and body** and can be more detailed.

2

Posture Cues

The second time we are cueing the same postures, we can begin to say the breath and posture name/ shorter sensual cue.

3

Reminder Cues

The third time we are cueing the same postures, we can begin to offer some reminder cues and begin to drop the breath: *Warrior 2 to Humble Warrior... lift and dip...*

4

Verbs & Adjectives

By the time our students have heard the same postures multiple times we can begin to cue using verbs and adjectives (twist, unwind, compress, open, etc.)