



## CONSCIOUS LIVING ARTS

### Find Your Teacher

#### **Discover your teacher's strengths:**

- What kind of training has the teacher had? Any certifications?
- How much experience does the teacher have?
- Does the teacher have any specialty areas and strengths?
- Is the teacher willing to make referrals to other qualified teachers?
- Can the teacher offer modifications for health considerations?
- Is the teacher trained to offer appropriate hands-on assists?
- Does the teacher ask to assist or without warning move your body?
- After safety needs are met, is there room for self-exploration of postures?

#### **Participate in a demonstration:**

- Attend a demo class to determine if the teacher's style meets your needs.
- If no demos are available, will the teacher allow you to observe a class?
- Does the class seem safe to you?
- Is the class size appropriate for the space and the teacher's abilities?

#### **Observe the class space:**

- Is it important to you that a studio space be fully equipped?
- Does the teacher or the space seem inviting to students?
- Is the temperature cool or warm enough to meet your needs?
- Are there adequate restroom and/or changing facilities?
- Is the floor clean? Is the equipment properly cleaned and maintained?

#### **Notice the teacher's business practices:**

- Are there clearly stated and posted payment/refund and studio policies?
- Does the teacher keep students informed of changes?
- Is there a make-up policy? Is it fair to the students, as well as the teacher?
- Are fair make-ups offered when the teacher needs to cancel a class?
- Does the teacher ever behave inappropriately or unethically?

#### **Listen to your own body and heart:**

A worthy, seasoned teacher can demonstrate the postures, teach you about proper alignment to enter them safely, tell you when to take caution, offer modifications for health concerns, and recommend what poses to avoid. You, on the other hand, are responsible for determining how that posture feels in your own body and communicating that to the teacher.

It is important to find a teacher who will then respond appropriately, with a physical assist or modification that has been offered, not just placed upon you. Yoga is meant to be a healing journey, not a painful one. Finding a teacher you can trust will help make the journey one of growth and enjoyment for you both.

**Thank you for considering CONSCIOUS LIVING ARTS and our Certified Kripalu Teachers!**