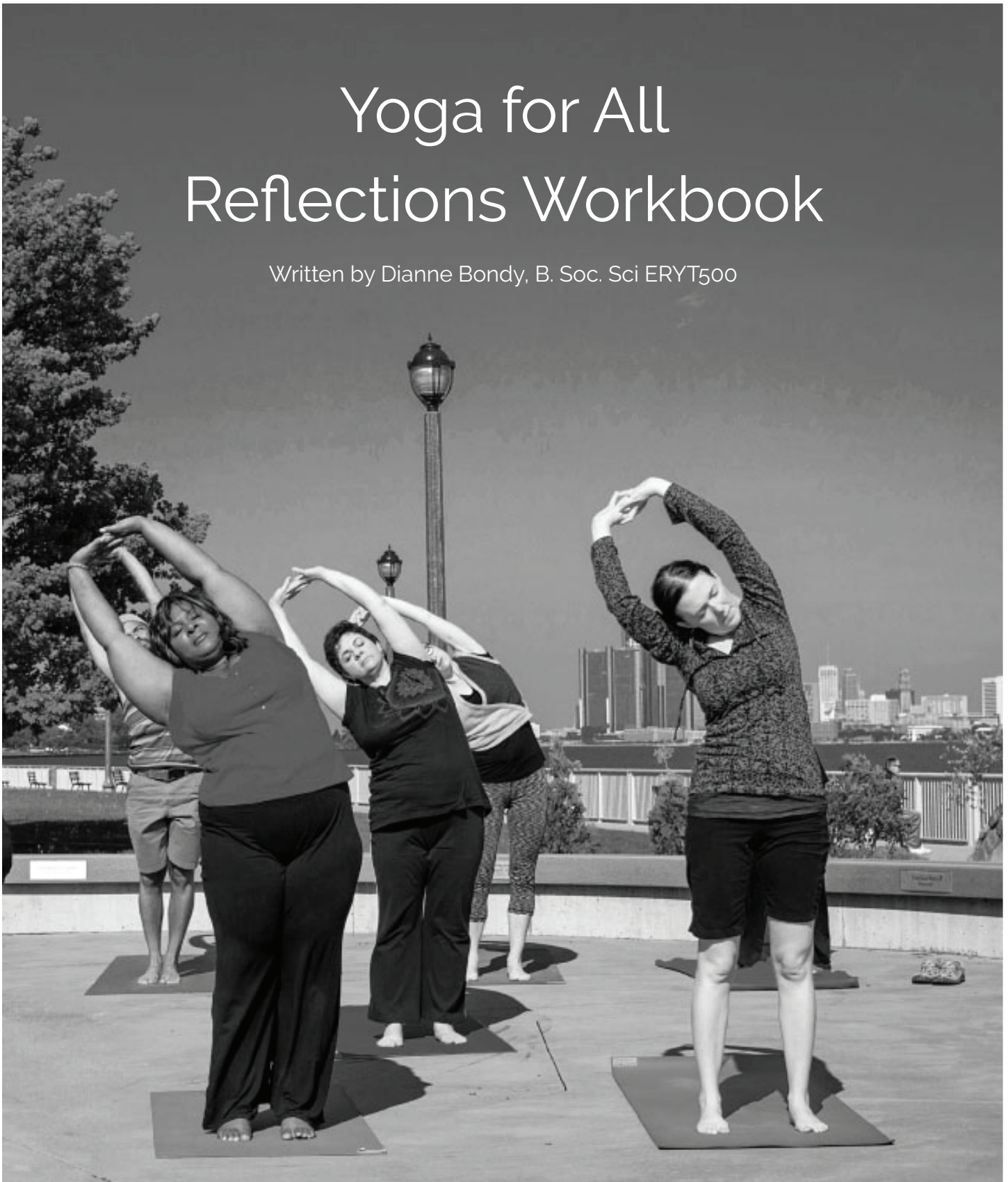


name: _____

Yoga for All Reflections Workbook

Written by Dianne Bondy, B. Soc. Sci ERYT500



**yoga
for all**

Feel free to use these journaling or writing prompts to reflect on your learning or take action around the concepts we've discussed in this course. This workbook is to help you embody and internalize the information so that you can effectively teach these concepts in your class. This workbook is for your own personal use and self-directed learning.



What is one way you can apply *ahimsa* to your practice? Your teaching practice?

Have you ever been injured during yoga? Were you "listening to your body?" or were other factors at play? _____

Write your mission statement as a yoga teacher (see the bio/mission/vision worksheet bonus for some extra help). _____



"The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life." — Muhammad Ali



Class step up: what can you do to step up your asana classes to make more accessible? Where do we put new students who may need props or access to a wall? (See Yoga For All Manual)

How do we teach progressively? (See Yoga For All Manual)



"We learn by example and by direct experience because there are real limits to the adequacy of verbal instruction." — Malcolm Gladwell



Practice the sun salutation variations. Notice how it feels - do you notice a difference between practicing this way (with blocks, with different options) than the "traditional" sun salutations? What was different? _____

Practice teaching a new variation on sun salutations or breaking down a pose like down dog or child's pose in one of your classes. How did people react? Did they notice a difference? How did it feel introducing something new? _____



"And now here is my secret, a very simple secret; it is only with the heart that one can see rightly, what is essential is invisible to the eye." —Antoine de Saint-Exupery

Module 4



What poses are you working on in your own practice? How have you found a way to make them work for your body? _____

Is there a pose where you don't quite understand the challenge in one of your student's bodies? What is it? What do you think is happening? _____



"Fear knocked on the door. Faith answered and, lo, no one was there." — Anonymous



Pick a pose that has many variations like pigeon, side plank, or savasana and talk through the pose, as if you were teaching it. How do you introduce the modifications in a positive way? In what order do you cue the pose?

Create a "no props" sequence to have at the ready. _____

What are some of the ways we can build strength and confidence in students to prepare for inversions and arm balances? _____



"Do not judge your neighbor until you walk two moons in his moccasins." — Cheyenne wisdom



How do you know your students are ready for arm balances? _____

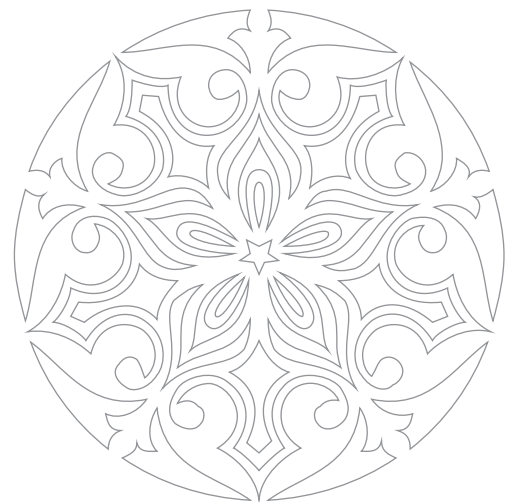
How would you sequence an arm balances class? _____



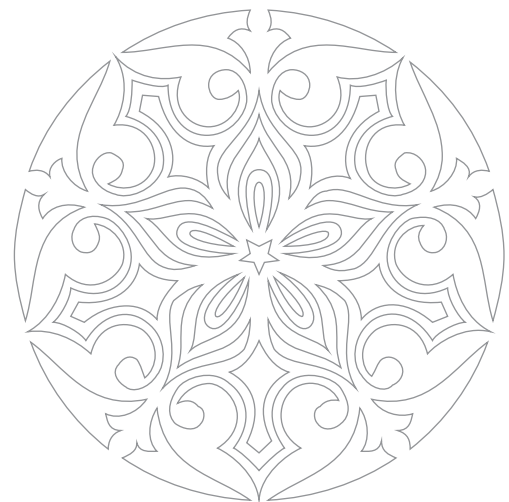
"If my world is not sufficient without thee, my friend, I will wait till it is and then call thee.
You shall come to a palace, not to an almshouse." — Henry David Thoreau

 Notes

A large rectangular area with a blue border, containing 20 horizontal dashed lines for writing notes.



A large rectangular area with a blue border, containing 20 horizontal dashed lines for writing notes.



Yoga for All Reflections Workbook

By **Dianne Bondy**, E-RYT500

Founder of Yoga for All Yoga Teacher Training 200/500 level
Founder of Yogasteya.com
Team Leader Yoga and Body Image Coalition ybicoalition.com
Practice with me online at Yogasteya.com and audibleyoga.com
<https://www.facebook.com/DianneBondyYoga>
<https://twitter.com/DianneBondyYoga>

diannebondyyoga.com • yogasteya.com

About Dianne Bondy: Author, Motivator, Risk Taker, Educator, Yoga Teacher, and Leading Voice in the Diversity in Yoga and Yoga of Inclusion Movement.

With over 1000 hours of yoga training in diverse modalities such as yoga therapeutics, restorative yoga, meditation, and Anusara Yoga – Dianne truly believes that yoga is for all! She is passionate about creating a more diverse playing field in the yoga community and is a highly recognized voice in the Diversity in Yoga and Yoga of Inclusion movements – where all shapes, sizes, ethnicities, and cultural backgrounds are recognized and embraced both on and off the mat.

Dianne Bondy is an E-RTY 500 with Yoga Alliance, with extensive training in yoga therapy. She is a regular columnist for Elephant Journal and Do You Yoga, has been featured in *Yoga Journal* magazine, and appears as a guest author in the books: *Yoga and Body Image*, and *Yes Yoga Has Curves*.

She is the founder and Managing Director of Yogasteya virtual online yoga studio that specializes in yoga for all shapes, sizes, and abilities. The goal of Yogasteya is to empower people through yoga. She developed and continues to teach the Abundant Bodied Yoga Teacher and Yoga for All yoga teacher training programs, runs retreats and workshops internationally and is a founding member of the Yoga & Body Image Coalition.

Journal design by Sharon 'Muse' Rhiney

© 2016 by Dianne Bondy. For use as part of the Yoga for All classroom curriculum. Diannebondyyoga.com, yogasteya.com all rights reserved. Please do not reproduce or distribute without express permission of the author.