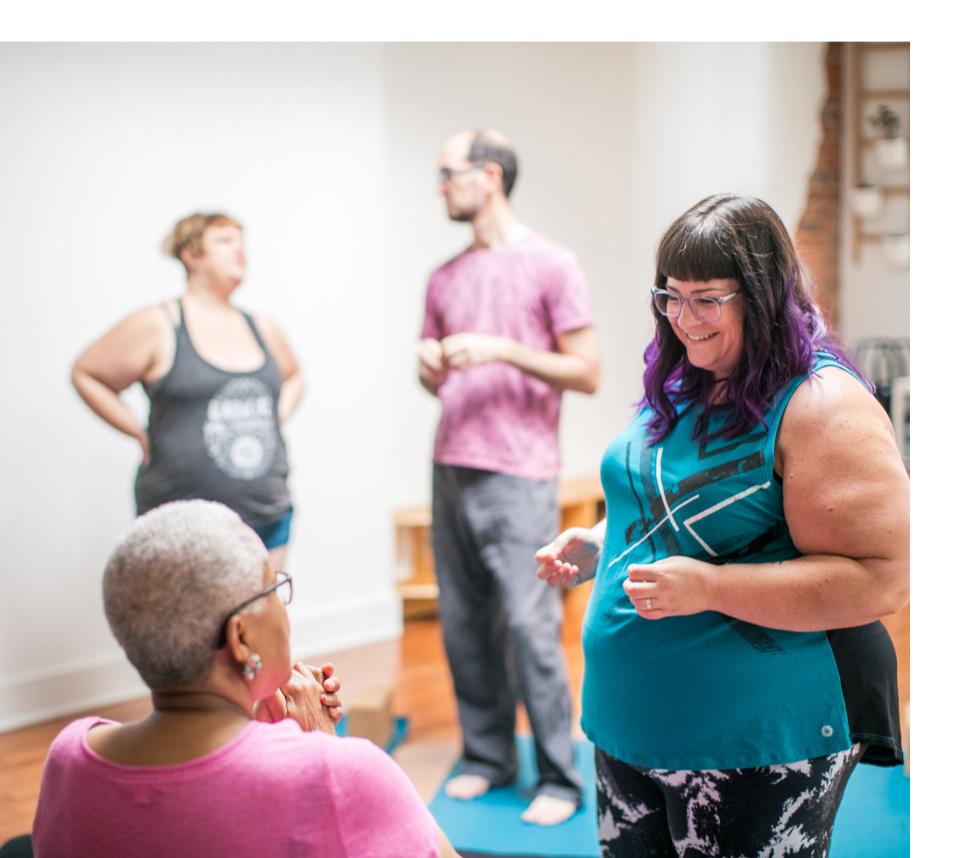# Making Welcome & Class Setup

YOGA FOR ALL TRAINING

As teachers, we are the culture-makers.

We have the opportunity to set expectations for our students: what is a yoga class?

Making welcome

- This isn't "just" about greeting students. This is an opportunity to help students unlearn the misconceptions they have about who yoga "belongs to"
- Smile, greet them appropriately, initiate conversation
- Learn names and how to pronounce, pronouns
- Introduce students to a regular, create a connection
- How are you onboarding your students? Be thoughtful – what do they need to know to succeed?

Setting expectations: What is a yoga class?

- Reset expectations: "what is a yoga class?"
- Mix of asana / meditation / self-study / breath / community
- Are you teaching poses? Or teaching movement?
- Build capacity for interoceptive exploration / teach folks to listen to their bodies (this goes toward agency too)
- Check in, ask powerful question, dharma talk with discussion
- Work on a group project for social good or community connection
- Workshop a pose or a sequence
- Social time

Judgment-free zone

- Are you making assumptions about a student's abilities or personality? Addressing bias and unlearning conditioning around "those people" with "those types of bodies" one of the biggest challenges we face as yoga teachers (and humans)
- Lean into your own feelings around judgment and biases and explore how implicit bias (and those emotions) come up in your teaching. Process this with your fellow Yoga For All teachers and with us, not with the students.
- Communicate to students that you're not judging them and ask that they do the same.
- "My yoga mat is my cease-fire zone."

Be Yourself

- How will you ground your energy before class?
- Connect with your breath, take your time
- Find your unique voice as a teacher, not someone else's
- Speak clearly and say what you mean. Cues not landing? Great! Try something else.
- Be transparent with your students: share where you're at emotionally (but maybe don't get too much in the story)

Teaching feels too one-directional?

- Dialog with students about needs and preferences
- Social time and community
- Onboarding new students: be thoughtful
- Use self-reflection/small group/big group
- What would serve my students best at this time? (And ask for feedback)

Reflection moment:

What are three simple ways you could make welcome or
build community in your classes?