

Teaching Yoga Beyond the Poses

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Synopsis

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Experienced yoga instructors Sage Rountree and Alexandra DeSiato give yoga teachers the tools to find their voice and tap in to innate wisdom. The authors offer ready-made, detailed themes to use in classes and provide flexible templates for building a toolkit of themes for future use.

Teaching Yoga Beyond the Poses offers guidance for both new and experienced teachers starting with a section on voice, authenticity, emulation, phrasing, practice, repetition, and finding inspiration. It continues with a second section that contains 54 complete themes that instructors can easily use in their own classes. With a unique angle and practical feel, this book will appeal to yoga teachers, teacher trainers, and at-home practitioners who want to move to the next level.

Reader's comments

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