OUR FIRST 50 EPISODES

THECONNECTEDYOGATEACHER.COM

001: How to Avoid Yoga Teacher Burnout with Erin Aquin

When you are asked to do something, pause, and instead of saying "yes" right away, practice saying, "let me get back to you."

If you have a full yoga teaching schedule, do less demonstrating to preserve your physical energy.

002: How To Reconnect With Your Yoga Practice with Nina Andic

Try a physical practice outside of yoga to get back into student mind.

Create a lovely set-up for your practice (e.g., brewing tea at the beginning, clearing space, candlelight, placing a stone or another significant item near your mat).

003: Trauma Training For Every Yoga Teacher with Margaret Howard

We have all experienced trauma in one form or another.

When a student is modifying a pose, remember there may be anatomical or trauma-related reasons they are doing so.

004: Assisting Yoga Students without Touch with Shannon Crow

What if we replaced the word “adjustment” with “assist” in our yoga classes?

Consider the needs of the students, as well as your own energy level, when deciding if hands-on assists will be beneficial.

005: Set and Achieve Big Goals with Natalie Eckdahl

Shrink your to-do list. If there are 10 things on your list, choose only one to three items to get done today.

Set goals that are measurable, so that someone from the outside could check in to see if you hit your goals.

006: Teaching Online Yoga with Rosslyn Kemerer

Offering a package of classes can benefit you and your students, while fostering accountability and commitment.

Props aren’t necessary to practice or teach yoga. Invest in props when you are earning a profit.

007: Breath and Pelvic Health with Trista Zinn

Overemphasis on engaging the abdominals means that we lose the fluidity that allows for optimal movement.

Posture and breath are the keys to pelvic floor health, not pelvic floor engagement (example: kegels).

008: Core Breath and Pelvic Health with Kim Vopni

Every inhale and exhale impacts the Core Four.

The Core Four includes:
1) diaphragm, 2) pelvic floor, 3) transversus abdominis, and 4) multifidus.

009: Kegels, Mula Bandha and Pelvic Health with Shelly Prosko

The pelvic floor moves with each breath (on inhale - lowers, on exhale - rises) and plays a role in core strategy.

Compile a list of professionals to refer students to when their concerns are beyond your area of expertise (example: pelvic floor physiotherapist).

010: After Savasana (Relaxation) with Shannon Crow

At the end of savasana, how can you continue to hold the peaceful space you have created?

Try adding meditation, an OM, or pausing for a moment of gratitude towards self and others after savasana.

011: Setting Prices and Defining Your Value as a Yoga Teacher with Tracey Eccleston

When establishing yoga rates, consider: 1) Your boundaries and self-care; 2) The time it takes to travel, set-up for your class and chat with students after class; 3) The time it took to plan your class and market yourself; 4) Insurance costs; 5) Continuing education.

What does your retirement plan look like as a self-employed yoga teacher?

012: Sciatic Pain and Yoga with Joanne Pineau

True sciatica is a condition where the spinal nerves are being impinged or compressed.

Commonly, sciatic pain can be felt via muscular contractions in the piriformis.

013: Create a Successful Yoga Retreat with Renee Gauthier and Paloma Neuman

Hosting a retreat can help you, as a yoga teacher, to bring in more profit and travel opportunities.

Consider first hosting a half- or full-day retreat in your area to learn how to host an extended retreat in another location.

014: Build your Private Yoga Business with Kate Connell Potts

If your goal is to teach private yoga classes, consider who you want to teach and what your expertise is.

Value your time and experience. You don't need to give classes away for free, even as a brand new yoga teacher. You have invested in your career.

015: Molly Kitchen Consent Cards and Hands-On Assists

"Yoga consent cards take the guesswork out of hands-on assists in a simple and empowering way."

Hands-on assists might not be an option for new students, trauma sensitive students, or large classes (not enough time to get around to everyone).

016: Five Pages to Include on Your Yoga Website with Shannon Crow

Is my website a reflection of me, the yoga that I share, and the offerings I have?

A website is the best way to market yourself, share who you are as a teacher, post your schedule, and let potential students know where to find you.

017: Yoga for Chronic Pain with Julia Kahfizov

Just 30 minutes of neuroscience education can reduce chronic pain.

What if you cue students to move out of a pose that they don't feel safe in, instead of asking them to move out if they feel pain?

018: Get Creative with Your Yoga Cues [Consultation Call] with Brittany Alred

When working on your verbal cues, record yourself. Then play the audio and take your own class. Reflect on your pacing and how this feels as a yoga student.

Your daily yoga practice will strengthen your unique cues and teacher voice.

019: Restorative Yoga with Andrea Peloso

Restorative Yoga: The use of props to support the body in such a way that it elicits a healing response. An experience of deep relaxation, stimulating the parasympathetic nervous system.

Our parasympathetic nervous system is responsible for fertility, blood pressure, digestion, relaxed breathing, immunity, sleep, and healing.

020: Six Online Tools for Your Yoga Business with Shannon Crow

TInstead of working through the evening, take time to refresh. Often the next day will be more productive when you do.

Tools Shannon uses daily:
1) Bullet journal, 2) Schedulicity (online scheduling software), 3) Canva (online graphic design), 4) Pixabay (images), 5) Trello (for planning projects), and 6) Quickbooks (accounting software).

021: Refine Your Core Message with Carol Cox

Share your yoga journey and how it has shaped your life.

Public speaking is an untapped area in the yoga profession. Consider sharing your knowledge and unique point-of-view.

022: LinkedIn Marketing for Yoga Teachers with Chrissie Wywrot

LinkedIn is a great place to connect with healthcare professionals, businesses, and corporations that you're interested in working with.

Did you know that you can now post videos to LinkedIn?
This is a new feature since our episode with Chrissie.

023: The 5 Koshas: Annamaya Kosha with Shannon Crow

Annamaya Kosha, when translated, means "consists of food."

In all of the yoga texts, there is only one mention of asana. It is in Patanjali's Yoga Sutras and states: "the meditation posture should be comfortable." That is all that is ever said of poses. It is a common misconception that yoga poses are over 5,000 years old.

024: The 5 Koshas: Pranamaya Kosha with Shannon Crow

The pranamaya kosha (2nd layer) is composed of prana. Prana is the life force energy (also known as chi in Chinese medicine).

The pranamaya kosha is related to the aura. It is not simply contained within the physical body.

025: The 5 Koshas: Manomaya Kosha with Shannon Crow

Our thoughts, emotions, memories, decisions, and intellect are directed by the Manomaya Kosha.

In a yoga practice, we can bring focus and clarity to the mind with meditation. Often this is done by sitting in silence and stillness while limiting distractions.

026: The 5 Koshas: Vijnanamaya Kosha with Shannon Crow

The fourth layer in the Kosha model is the Vijnanamaya Kosha. Vijnana is a Sanskrit word, when translated, means the ability to discriminate, intellect, or knowing.

In a yoga class, focus on the Vijnanamaya Kosha can be enhanced with meditation that concentrates on self-reflection.

027: The 5 Koshas: Anandamaya Kosha with Shannon Crow

The fifth layer in the Kosha Model is the Anandamaya Kosha (the Bliss Body).

When we are in a state of bliss, we are feeling happy, full of purpose, and able to experience unconditional love for self and for others. We are liberated from suffering.

028: Anatomy-Informed Yoga Practice with Ariele Foster

Remember to refer students who are experiencing acute pain to a physical therapist.

As a yoga teacher, you can book an appointment with a physiotherapist to increase your knowledge about anatomy and how your own body works.

029: Creating Your About Me Page [Consultation Call] with Trevor Parks

When you create your "About Me" page on your website, it isn't really about you. It is about your ideal yoga student.

When writing your "About Me" Page, allow yourself to be vulnerable and authentic in telling your own story of what led you to yoga.

030: Rituals to Start and End Your Day with Puja Madan

Beginning of day: set an intention for the day and step into or air out your four Rooms (Physical, Mental, Emotional, Spiritual).

What ritual helps you to close the day? Try clearing your desk, list what you accomplished, or an end of day meditation.

031: Facebook Marketing for Yoga Teachers with Amanda Bond

Before you put any money into ads on Facebook become very clear about what you are selling.

If you're concerned about coming across as too aggressive or "salesy," a good approach is making 80% of posts about sharing who you are and your message and 20% of posts asking for a call to action.

032: Strengthen Your Yoga Practice with Kathryn Bruni-Young

Strength training is a great complement to yoga. No one activity is the perfect fit.

A variety of movement helps to prevent repetitive strain injuries.

033: A New Perspective on Diastasis Recti with Dr. Sinead Dufour

Diastasis Rectus Abdominus (DRA) has been falsely understood as the separation of the abdominal muscles (it is even implied in the name), when it is actually the overstraining or damaging of the linea alba tissue.

Belly breathing is cautioned along with breath holding when doing asana.

034: Embracing Your Yoga Business with Amanda Kingsmith

Let go of “shoulds”. Be intentional with your business and look at what you want, not what you think you should be doing.

Work on reframing your perspective on selling your services in order to move away from unsavoury sales stereotypes.

035: Crowdfunding a Yoga Teacher Training with Maxine Iharosy

Crowdfunding can deepen your commitment and relationship with your community.

If you're considering crowdfunding for yoga teacher training, fear can arise. Consider where the root of the fear comes from.

036: Thai Yoga Massage with Shai Plonski

Thai yoga massage can provide new workshop and revenue opportunities.

Learning Thai yoga massage can help you to confidently give hands-on assists.

037: Not #CrushingIt is Okay, with Rachel East

Cramming your class full can leave your students feeling like their needs aren't being met.

Looking at your career path as a journey, not a destination, can prevent you from holding onto your yoga business too tightly.

038: Preventing Injuries in Yoga with Trina Altman

"You never stop learning. The beautiful, wonderful thing about science is that just when you think you know something it gets disproven and new evidence comes along."
~Trina Altman

What other movements can you incorporate into your self-care practice? Can you find a way to incorporate strengthening?

039: Advice for New Yoga Teachers

"If I could go back and talk with my new yoga teacher self, I would impress upon her how important it is that every teacher has a teacher." -Betsy Brockett

"If I could go back in time and talk to myself on the last day of my first yoga teacher training, I would tell myself to truly enjoy this ride. Own it. It is the right decision." -Catherina Espinoza

040: Grow Your Audience with a 5-Day Challenge [Consultation Call] with Patricia Fasciotti

Offering a five-day challenge can help you build connection with your audience.

Creating an online group allows you to connect and pitch to them again in the future.

041: Generating Profit with Natalie Eckdahl

It is great to provide free services and content, but you don't need to offer those things to justify your worth. Your expertise and competence justifies charging for your services.

Don't be afraid of changing your brand or your niche. We think that everyone is noticing every small change we're making, but only a few people actually notice.

042: Money Mindset with Geraldine Carter

Notice where you're feeling stuck around money. It could be not wanting to track money coming in and out, letting invoices pile up, or having difficulty with charging for your services.

Keep track of your time and energy when you are creating workshops or teaching classes (including planning and travel time) to discover which activities have the highest value.

043: Minimum Viable Income with Steph Crowder

If you are considering self-employment, it a good idea to calculate your "Minimum Viable Income," which is the minimum you need to make per month to make ends meet.

Your Minimum Viable Income is a concrete number that can make your goal seem attainable.

044: Accounting for Yoga Teachers with Hannah Smolinski

Open a business account when you start thinking you want to teach yoga classes. It makes bookkeeping simpler and affirms that this is a real business.

Plan a monthly check-in of your finances, calculating income and expenses, and keeping up to date with invoices and bills.

045: Creating Content with Shannon Crow

How can you set up a schedule so that you can create consistent content? This is how we create our best quality content. Keep practicing. Start somewhere.

What is the goal of your content? Do you want to increase your student base or grow your email list?

046: Redefining Stretching with Jules Mitchell

There are other ways to develop your range of motion like load bearing exercises and strengthening.

How can we help people explore movement instead of making them afraid of it? Say less, observe and let your students teach you.

047: Downward Dog in Prenatal Yoga with Kim MacDonald-Heilandt and Shannon Crow

Downward dog isn't always comfortable for students who are pregnant or new to yoga.

Try replacing downward dog with puppy pose, modified big toe pose, bird dog pose, legs up the wall, or half forward fold.

048: Eating Disorder Education with Tabitha Farrar

“Eating disorders are genetically-based mental illnesses. They are not a choice.” ~Tabitha Farrar

Extreme weight loss can be indicative of an eating disorder, but not always.

049: Grow Your Yoga Student Base (Part 1) with Shannon Crow

What is your ideal yoga class size? Consider how many students you need to pay for your time, rent, fuel.

If you're concerned about having enough students to cover your expenses and time, registered sessions are worth considering.

050: Grow Your Yoga Student Base (Part 2) with Shannon Crow

How are you connecting with students when they come to class or between classes? Do you have a way to easily gather their email addresses?

Do you have business cards ready to hand out to people when they ask you about your yoga classes?

Thank you to all of our guests and listeners who have helped to create these past 50 episodes!