



The Art of Teaching Yoga: Teacher Training Manual and Workbook: Live the Light of Yoga

Christina Sell

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How to Use This Manual

This manual is meant to accompany a year-long classroom experience. This is a workbook designed to give support to lectures, reading, group discussion, and experiential exercises. This manual outlines vital elements of teacher training course curriculum and includes experiential exercises in teaching methods such as sequencing, verbal articulation skills, demonstration, observation, adjustments and class planning.

This manual is not intended to be an all-inclusive treatise, or a book that fully explains the complex and multi-faceted art of practicing and teaching yoga. It is designed as a resource for the sincere practitioner and teacher who wants to deepen his/her understanding of the philosophy of yoga, engage a process of self-inquiry and develop their skills as a yoga teacher.

My hope is that new teachers will gain a foundation in both theory and practice, and seasoned practitioners and teachers will find nuggets and gems to help them continue along the path of mastery with greater efficacy and joy.

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