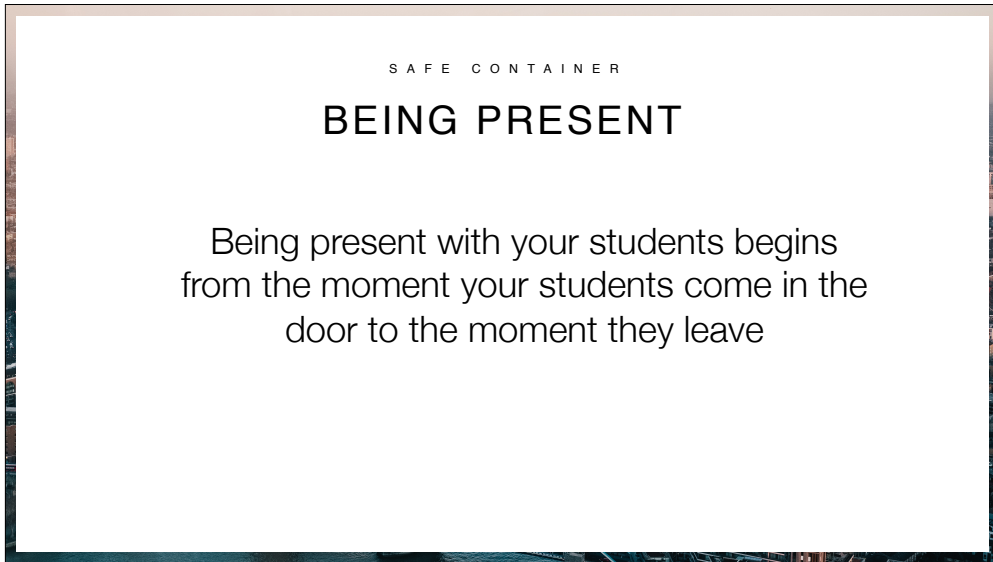




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4

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Bring an open, attentive and loving awareness with the class as a whole, and when you're engaging with a student individually, give them your undivided attention

5

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Check in with all your students before the class starts

6

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Really listening when people are speaking to you

7

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Make gentle eye contact and smile encouragingly with each of your students individually throughout the class

8

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Keep your attention focussed
on what you're doing.

9

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Even when your students don't need
your immediate assistance or
instruction, remain present and
attentive, without hovering or being
too intense

10

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Don't leave during class

11

SAFE CONTAINER

GUIDELINES FOR BEING PRESENT

Don't check your phone
while teaching

12



SAFE CONTAINER

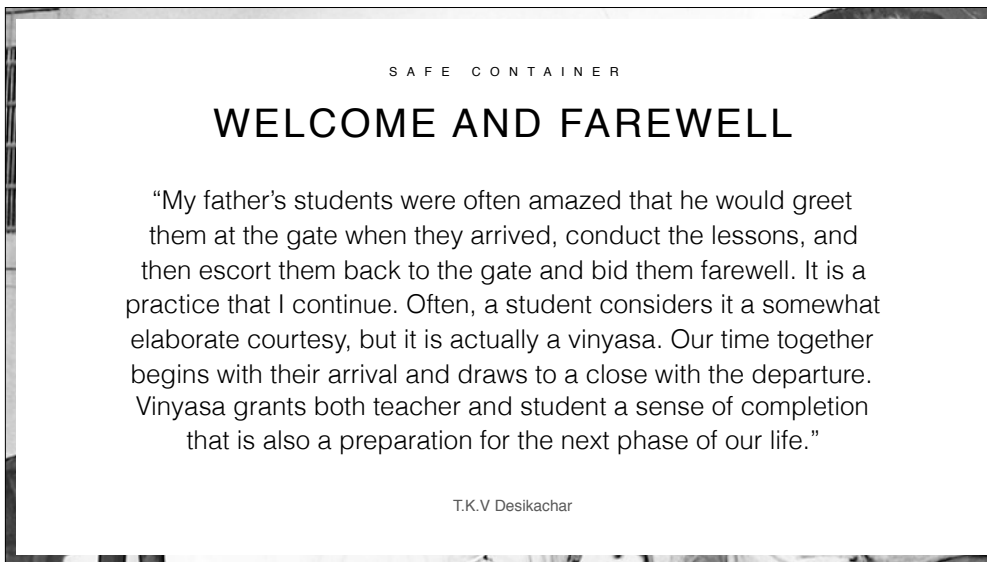
WELCOME AND FAREWELL YOUR STUDENTS

13



T. Krishnamacharya and T.K.V. Desikachar
Photo from www.krishnawellness.com

14



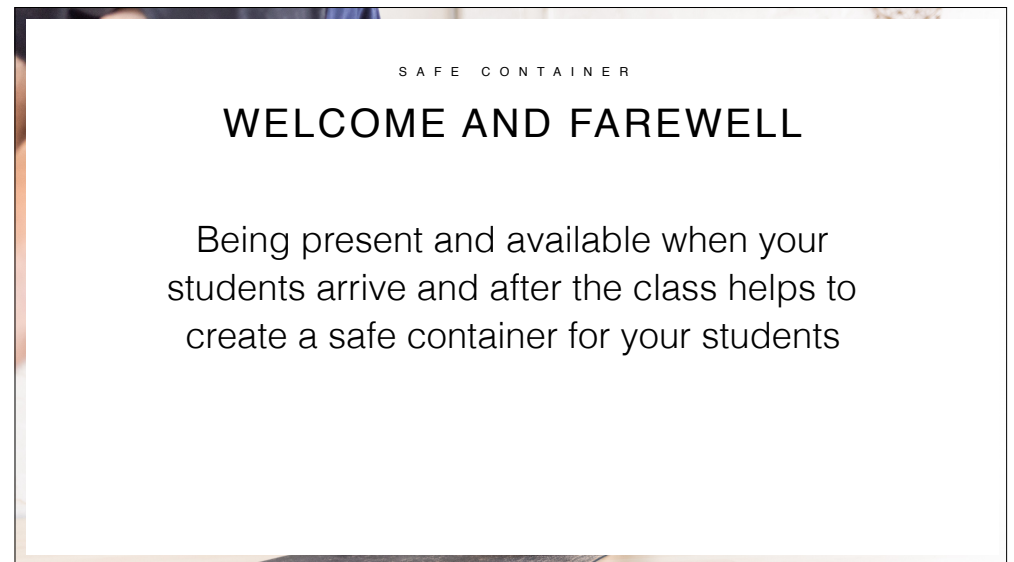
SAFE CONTAINER

WELCOME AND FAREWELL

“My father’s students were often amazed that he would greet them at the gate when they arrived, conduct the lessons, and then escort them back to the gate and bid them farewell. It is a practice that I continue. Often, a student considers it a somewhat elaborate courtesy, but it is actually a vinyasa. Our time together begins with their arrival and draws to a close with the departure. Vinyasa grants both teacher and student a sense of completion that is also a preparation for the next phase of our life.”

T.K.V Desikachar

15



SAFE CONTAINER

WELCOME AND FAREWELL

Being present and available when your students arrive and after the class helps to create a safe container for your students

16

SAFE CONTAINER

WELCOME AND FAREWELL

'Thank you so much for joining me today. I will be here for a couple of minutes after class, so if something came up for you that you'd like to chat about or you'd just like to come and say hi, please do, I'll be here.'

17

SAFE CONTAINER

WELCOME AND FAREWELL

Stay within your scope of practice

18

SAFE CONTAINER

WELCOME AND FAREWELL

Be mindful that too much dialogue can take people out of their bodies and into their heads

19

SAFE CONTAINER

WELCOME AND FAREWELL

Be present, warm, available and approachable to your students before, during and after class

20

