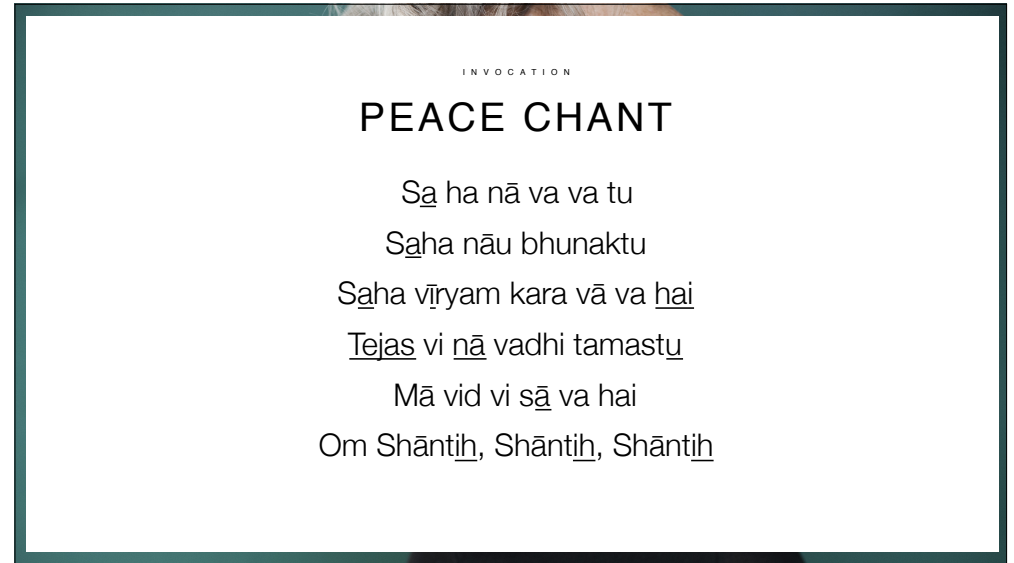




THERAPEUTIC SKILLS
MEET THEM
WHERE THEY ARE

1



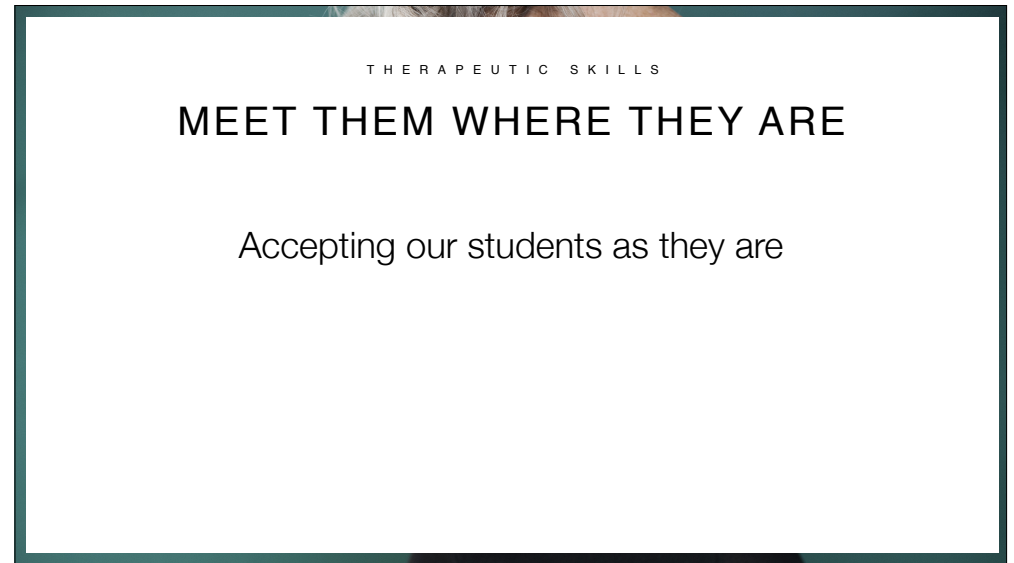
INVOCATION
PEACE CHANT
Ṣa ha nā va va tu
Ṣa ha nāu bhunaktu
Ṣa ha vīryam kara vā va hai
Tejas vi nā vadhi tamastu
Mā vid vi ṣā va hai
Om Shāntiḥ, Shāntiḥ, Shāntiḥ

2



THERAPEUTIC SKILLS
MEET THEM
WHERE THEY ARE

3



THERAPEUTIC SKILLS
MEET THEM WHERE THEY ARE

Accepting our students as they are

4

THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

Sequencing a class that builds
from where they are into a more
sattvic state

5

THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

Many people come to yoga because
they want to change something about
themselves

6

THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

See and accept our students
just as they are

7

THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

Even therapy is largely built on the
idea that is something is 'broken' or
'wrong' and needs an expert to 'fix' it

8

THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

As Yoga Teachers we need to be able to hold the paradox of being perfect just as we are, with the need or desire for growth

9

THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

We grow and change from a place of wholeness, not from a place of brokenness

10



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THERAPEUTIC SKILLS

MEET THEM WHERE THEY ARE

Namaste
The divine light in me, bows down and acknowledges the divine light in you

12

MEET THEM WHERE THEY ARE

Class sequencing

13

MEET THEM WHERE THEY ARE

Meet your students where they are, and support them over the course of the class to gently come to a sattvic state

14

MEET THEM WHERE THEY ARE

If predominately rajasic
you might start with a dynamic sun
salutation practice and gradually slow
down and finish in a support savasana

15

MEET THEM WHERE THEY ARE

If predominately tamasic
you might start in supported child's
pose and gradually make the class
more active with sun salutations
closer to the end of class

16

T H E R A P E U T I C S K I L L S

MEET THEM WHERE THEY ARE

Group classes are often a mixture of
rajasic, tamasic and sattvic energy

17



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