



## **Top 5 Things That Work For Hot Yoga Teachers**

**By Tomasz Goetel**

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### ❖ ARRIVE EARLY, LEAVE LAST, BE FRESH, AND CHARGE MORE?

Arrive early to the studio, so you can greet the Students as they sing in. The first-timers will need your support and you'll need to ask about any injuries/limitations they have, so that you can help them later with the posture modifications. Regulars will be glad to chit-chat with you, after all you're on the way to be their favorite teacher. Make friends with the advanced students, they will support you in your teaching class with the strong energy of the first row.

Be available after the class. You need to be there to answer questions and offer encouragement. Spend a moment with the first-timers and assist them in choosing the right routine and membership.

Be fresh. Maintain a regular yoga practice. Eat smart and get enough rest, especially if you're teaching a full schedule. Remember, that teaching more than 10 classes a week and/or teaching "doubles" will work against you. Tired teachers don't practice. Teachers who don't practice – cannot "walk the talk". Teach less, practice more, be fresh. Read below – you're classes will be fuller and you can charge more.

### ❖ BE YOURSELF

Bring out your authentic self. Be yourself. Let it flow. Focus on your students. This is not about you. At the same time, express yourself freely. If you're a funny person – be funny! If you're very serious – that could be funny, too... Find your own unique way to be interesting. If your Students are not listening to you – you might seem boring and you've lost their attention. If your Students are falling asleep – it is time for you to wake up! Bring out the real you, who is naturally lively, empathic, inspiring, and "connected". This is your own, personal "moksha" – liberation!

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## ❖ COMMUNICATE

### VOICE AND WORDS

Get out of the monologue dialogue and be interesting. Speak loud and slow. Articulate better. Breathe more often. Include moments of silence. Change tone of voice, break any monotone pattern. Be “conversational”. If there’s something the students don’t understand – it is probably your fault, change the approach to explain the material better.

#### - NON-VERBAL

Don’t be too shy to smile often. Demonstrate sometimes, what you want the students to do. Stay close, be personal, friendly, spread happiness. Every person in the room is your best friend. Move slowly, never rushed, walk/stand straight, and avoid folding your arms or placing hands on hips. If you’re sitting down, sit straight. Be careful and respectful, if you’re walking around when the students are lying down.

## ❖ CONNECT

Learn the names of your students and use their names. Over the course of the class, visit every part of the room, including the students in the corners/back wall. Even in a very large class, you’d like to find a way to personally acknowledge each student with eye-contact and/or other way of showing them you know they’re there. If you don’t get the chance to “visit” every Student during the class, you can catch up with them right after. Break the Teacher/Student formal pattern. Allow the Students to have their own experience.

## ❖ FACILITATE THE EXPERIENCE

Get good at teaching multi-level classes. Be sweet with beginners, they need your support. The intermediate students – guide them more firmly and be direct, they need corrections. Be friendly and humorous with the advanced - inspire them by having a top-notch personal practice yourself.

Watch the heat/humidity/air flow. If the class is too hot, and the humidity rises, and there’s no air flow – you enter a danger zone for heat stroke and exhaustion! Also, when the heat and humidity are out of control – strong practice becomes almost impossible and everyone enters “survival mode”.

Teaching a yoga class is not about teaching yoga. It is about creating a possibility for the participants to experience something special. By selflessly focusing on the Students, in the present moment, the teacher is allowing enough space for them to



experience the power, magic, and benefits of yoga at their own pace, and according to their own need.

Most of the Students do not come to class for yoga. They are looking for help. They want to improve their health, self-esteem, take a break from stress; perhaps they're looking for a way out of an emotional or spiritual crisis. A good Yoga teacher is blessed with an opportunity to help people facilitating the experience of well-being and inspiration they need. Spread happiness. Make everyone happy... Yes, you can!



Tomasz Goetel is the founder of the Hot Yoga Evolution style, and runs his Yoga studio in Phuket, Thailand. He is quickly becoming more popular, as he has an amazing ability to pass on his knowledge, which he acquired from Jimmy Barkan, one of the most respected Hot Yoga teachers in the world, and then fine-tuned through his own practice and teaching experience.

Tomasz is known for his passionate, inspirational approach, and the light-hearted sense of humor. On top of that, Tomasz has a strong, personal Yoga practice and freely shares his abilities. He superbly connects with each Student; his classes and workshops are friendly to

all levels of practitioners, from brand-new beginner to ultra-advanced. Tomasz shares his unique teaching skills through workshops, and personal teacher coaching.

To find out more, please visit [www.evolutionhotyoga.com](http://www.evolutionhotyoga.com), or call Tomasz directly +66 85 889 1580.