

A WORKSHOP FOR
TEACHERS AND
TRAINEES

HOW TO HOLD SPACE

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PRE-CLASS RITUALS

HELPFUL TIPS

PREPARE YOUR BODY, BREATH, VOICE AND HEART

Warm-up, ground or energise. Come into your breath. Remind yourself why you teach.

FOCUS ON YOUR STUDENTS

Who are your students?
How can your teaching balance what your students came for with their capacity.

DISTIL YOUR TEACHING GOALS

What are you teaching physically (poses) and emotionally (values)? What is the title of the session, focus of the time?

WHAT IS SPACE?

WHAT DO STUDENTS NEED?

A STRUCTURE/A RITUAL

A place without judgment, confusion, anxiety, disruption, and different perspective on reality

A YELLOW BRICK ROAD

A context for a journey, with obstacles to overcome, lessons to learn, friends to make, and one that eventually leads back home





ENVIRONMENT

Your classroom
is your stage set

TYPES OF SPACE



INVIGORATING

Raise energy levels up for students who are physically or emotionally low



RELAXING

Bring energy levels down for students who are physically or emotionally over-excited



ALL-INCLUSIVE

Create a non-judgmental environment that can serve individual needs within a collective

HOW TO HOLD SPACE

YOUR TOOLS



Voice



Physical Presence



Listening and Witnessing



Humour, Improv, and Story



Educational Structures

HOW VOICE AFFECTS SPACE

BEYOND WORDS

Use the emotional qualities of your voice to unconsciously affect your students' nervous systems through the vagus nerve signalling calm and safety

PITCH AND TONE

Communicates the emotional quality of what you are saying. Should match the meaning of what you say and your body language.

SPEED AND EMPHASIS

Alter speed and word emphasis to create and keep interest and highlight themes.

SOUNDS

Sounds of breath, sighs, and anything else (non-creepy) will create the soundscape of your space.



PHYSICAL PRESENCE

What does your body language communicate to your students?

LISTENING AND WITNESSING

STOP/LOOK/LISTEN



HOW TO USE HUMOUR (WHEN YOU'RE NOT FUNNY)



GOOD HUMOUR VS. COMEDY

Good humour is the attitude that you set for yourself and others.



TURN OFF THE SELF-EDIT

Let your cues be unusual, goofy, and personal. Use a thesaurus to open up your vocabulary. Don't be afraid to make mistakes!



BREAK OVERLY SERIOUS ATMOSPHERES

Teach your students to laugh at the pressures they put on themselves.



AVOID BINARIES

Good/Bad, Right/Wrong, Doing the pose well/doing the pose poorly leave no room for humour. Good Teacher/Bad Teacher.



HOW WE LEARN

PLAY

Neuroscience research shows that the pathways in our brain get stronger (learning) when we are playing!

Don't be so serious?

AUDIO AND VISUAL

Most yoga teaching is done with words and by demonstration. Know which tools you are using and be conscious of when you are "leading" vs. teaching (responding to students/aware of what is landing)

KINESTHETIC/TACTILE

Cues that encourage self-adjustments/touch/sensory feedback. When is teacher/student physical adjustment necessary?

POST-CLASS RITUALS

HELPFUL TIPS

RETURN TO YOUR BODY, BREATH, VOICE AND HEART

Cool-Down! Re-establish the boundaries of your own body, separate from your students.

ACKNOWLEDGE THE SHARED EXPERIENCE

Express gratitude for the communal experience that was shared and the individual experiences that were not.

EMOTIONALLY DETACH FROM YOUR STUDENTS

Consciously and compassionately separate yourself from the emotional journeys of your students.

MORE RESOURCES

CHECK YOUR EMAIL
FOR RE-PLAY, SLIDES,
AND PRACTICES



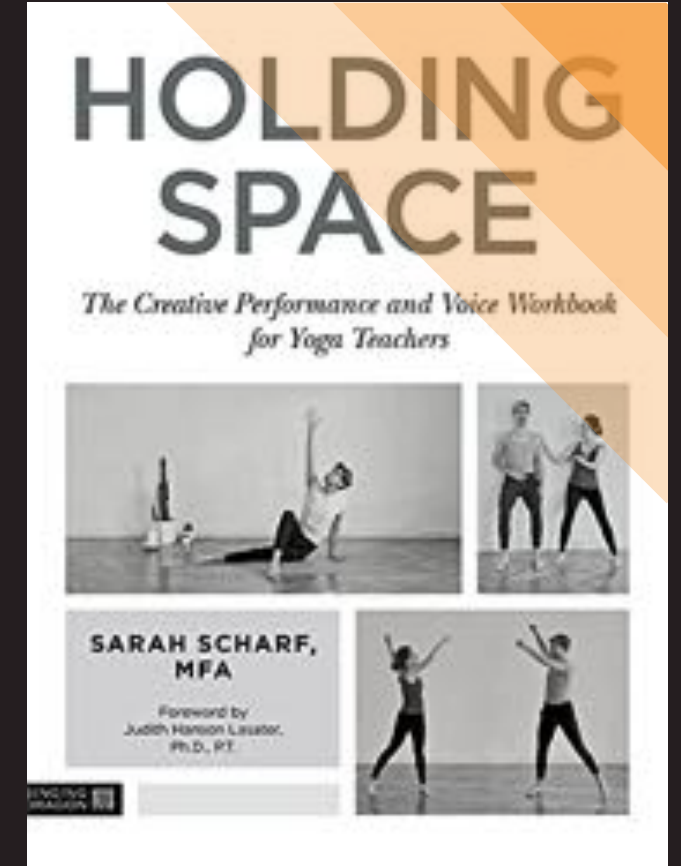
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HOLDING
SPACE

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