

PRE-CLASS CHECK-IN

YOU

SELF CHECK-IN

- DO YOU NEED TO GROUND OR UPLIFT?
- ARE YOU CONNECTED TO YOUR BREATH?
- WHY DO YOU TEACH YOGA?

STUDENTS

STUDENT CHECK-IN

- WHO ARE YOUR STUDENTS?
- WHAT DO THEY NEED?
- WHY DO THEY PRACTISE YOGA?

SEQUENCE

SEQUENCE CHECK-IN

- WHAT ARE YOU TEACHING PHYSICALLY?
- WHAT ARE YOU TEACHING EMOTIONALLY?
- WHAT IS YOUR MOST IMPORTANT OFFERING?