



300hr. Teacher Training

Private Sessions

Note your style of teaching:

- Disciplined, Tough Love
- Nurturing
- Focused, goal oriented

What will you include in the process of your private session?

- Consult, discussion
- Alignment assessment
- Physical practice only
- Pranayama
- Meditation
- Hands on adjustments
- Design of a home practice
- Centering/Savasana
- Use of props
- Music

Describe the flow of a first-time session with a private student:

- 1.
- 2.
- 3.
- 4.
- 5.

How do you want your client to feel at the end of the session?

- Challenged
- Relaxed
- Optimistic
- Informed
- Ready to book next session!

Guide to Teaching Private Yoga Sessions

1. **Space:** Determine the space you'll work in (rent out a yoga studio room, go to a public park, their home/your home, or online). Only agree to terms and environments in which you feel comfortable and secure. Consider the availability of props, noise level, cost of travel, and other factors during your private session.
2. **Intention:** It's key to initially ask students what their goals are for a private session with you, and if there's anything specific they'd like to focus on. Is it simply that they're really busy and can't make it to a group class, or do they have low back pain, or want to learn crow pose? Have this conversation before you meet for the private class, so you can be prepared in case they're recovering from an injury, are suffering from anxiety, want to prep for handstand, etc.
3. **Manage Conversation:** A lot more chatting will happen in a private class than in a group setting, and this can be a wonderful way to build rapport with your students and assess their needs. However, it's important for you to keep the class on track.
4. **Adjustments:** Personalized attention is one of the main reasons why people purchase private yoga classes. As a teacher, you will feel like you're offering your students more when you can learn to see their alignment, posture, and breathing patterns and respond with compassionate adjustments to deepen their practice. This requires time and practice on your part, so give adjustments on friends and family so you can get more comfortable offering assists in private classes. Over time you will learn to spot common postural asymmetries and build quite a nice toolbox of solutions for your students. Your continual education as a teacher will enhance your students' experience.
5. **Flexible Planning:** Be flexible during the session and explore options with your student. Since you will be offering one-on-one attention, you will need to respond to their needs throughout the class. They may suddenly get very tired, and you'll have to veer from your plan to offer some stretches in between more challenging work. Consider how much you can accomplish in one class.
6. **Know Your Strengths:** The studies of yoga are vast, and you will likely be more adept at certain aspects of the practice than others. It's important to know what you can offer students, and keep in mind other teachers you might refer students to if they are seeking something outside your knowledge base. If you don't practice arm balances and someone comes to you wanting to specifically learn crow, then you should recommend another teacher who can guide them properly. We teach best from what lights us up, and we can only share genuinely from our own experience.
7. **Homework/Moving Forward:** It's great to show students easy techniques they can remember and practice throughout the week, so they'll see results faster and be enthusiastic to rebook with you. This will add value to the private session and keep them on track, so they hopefully book more than one session with you.
8. **Handling Money:** Ask for what you're worth! This can be difficult, but it's important that you feel like you're getting compensated for your time and effort. Handle payment before the session.

The Private Session

Initial Assessment

The first session is initiated with a dialogue/interview, reviewing and observing the student's physical, cognitive, and emotional condition. Make observations while leading the student through a series of simple movements and seated breath instructions.

Throughout this process, the teacher is focused on establishing a safe, trusting relationship and begins to motivate the student toward an attitude of self-empowerment for health and healing.

This session can be planned around the concept of the koshas.

Annamayakosha:

Asses the asymmetries of the spine by observing the student in standing and seated postures, noticing any and all asymmetries from the feet up.

Pranamayakosha:

Lead the student through basic pranayama, noticing breath consciousness and ability.

Manomayakosha:

Notice the student's cognitive abilities and determine your style of teaching that will be most effective.

Vijnanamayakosha:

Ask the student to express their own observations of behavior patterns and ask that they give themselves three statements of advice.

Anandamayakosha:

Note what your student is seeking in their quest for ease and contentment.



Tell your student what to expect in the next sessions. Recommend a number of sessions needed to accomplish goal. Make notes of your student's body/condition and write out your plan for your student immediately after the session. Refer to your notes prior to each meeting, acknowledging progress in every session.