

# Yoga2Life Workshop Materials & Activities

**Welcome!** We are excited to have you join us in this journey of exploration and personal developments is packet is designed to be used in conjunction with the live to ling, "Yoga2Life Workshop." However, you can also go two go this material on your own.

The Yoga workship is custom built for members of the yoga community want to bring the power and impact of yoga to their lives of side the studio. This program provides tools and strategies used by professional coaches as well as a 5-step process (or sequence) you can use to help overcome obstacles and strive toward the change you see for yourself.

Initially, you will use this document to bridge what you know about yoga (as a student or as a teacher) to the mindset of coaching. Together we will go through exercises to help you apply new techniques and strategies to build awareness, intuition and manifest change. On your own, you can revisit the material and try additional activities. Over time, this document will serve as a reference point to help you integrate the lessons from this coach training workshop back into your yoga practice.

Before We Begin....

Q: What do I want to take away from this workshop?



Write down what you hope to get out of this workshop and what you hope might be different as a result.

## LESSON 1 ~ Foundations of Change ~

Let us first start with what we know. Think about your yoga practice.

What is the environment like?

What is your attitude as you take your seat on the ma What expectations do you have about the in contract r?

Yoga2Life is about bringing the princes of the studies of yoga to our lives outside the studio. In or or to this, we first need to firmly ground ourselves the seprincipes, attitudes and our expectations about grow of the principes.

#### **Lesson 1 Exercises- Foundational Grounding**

1.	Realtime Reaction- List some of the words used to describe the
	environment when you enter a yoga studio.



2.	What is your attitude as you take your place on the mat?
3.	What (if any) expectations do you have about the instructor?
4.	What is the general mude working towards change?

LESSON 2 ~ Taking your Seat as Teacher ~



Now that we have a better understanding of the attitude towards growth and change, let's explore the role the teacher plays in that process. The role of the yoga instructor is to guide others through their practice. Yoga teachers don't do the work for their client; they make it possible for their client to do the work themselves.

Similarly, when we bring yoga to life, we create an environment for an individual to work toward success. When you 'Take your Seat as Teacher' we simply mean that you are choosing to be supportive in a specific way and that your focus is on facilitating growth.

When we take our seat as a teacher, we let go of ourselves and become a servant to others. With this understanding, our role is to authentically support others with a servant's heart as they strive toward *their* goals.

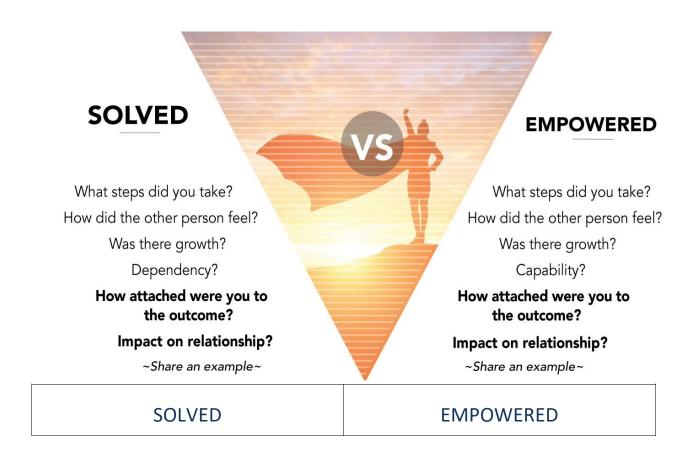
When you 'take your seat as teacher' you put the client's experience above all else and support them through that experience.

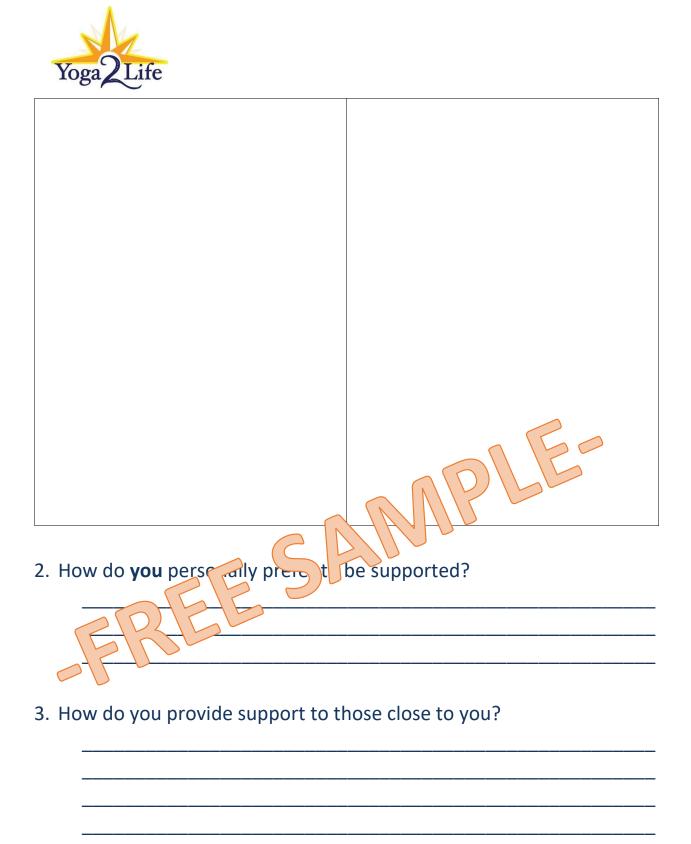
Throughout the day, we are constantly shifting in and out of different mindsets. The exercises below are designed to help you identify the various ways you engage with people. Our intention for this lesson is to help you see more clearly opportunities when you might adopt a growth mindset. We also created these exercises to help you experience first-hand the impact a growth mindset can have.



## Lesson 2 Exercises – Taking your Seat as Teacher

1. One Minute Paper #1- In one minute or less, describe a scenario when you helped someone SOLVE a challenge and one when you EMPOWERED them to solve it for themselves.







4. What might this exercise reveal about your attitudes towards										
	leade	ership	and su	upport?	List so	me of t	ne word	s that co	me to m	ind.

5. <u>Mindset Matters</u>- We are in different modes at different times. Think about the last 5 encounters you've had.

Circle the words that describe your actions.



Solve Mindset	Empower Mindset		
Provide Advice	Ask Questions you don't already have the answer to		
Tell them what to do	Listen		
Share what you would do	Explore possibilities		
Say how you see things	Ask how the person sees things		
Make a plan	Consider new ideas		
Give instruction	Provoke thought		
Make suggestions	Challenge thoughts and beliefs		
Providing a checklist	Ask what should be accomplished		
Direct what happens next	Be open to what happens next		
Solve a specific problem	Think about a problem from a new perspective		

# 6. What is your default mindset?



- 7. Which times could you have picked a different mindset?
- 8. What might have been different if you had?



This concludes the FREE SAMPLE of the Yoga2Life Workshop Material.

Visit: <a href="www.coachtrainingalliance.com">www.coachtrainingalliance.com</a> to enroll in the workshop and receive the complete materials which include: All 9 lessons, A model for navigating personal change, Exercises, Tools and Resources to help you go deeper in your yoga practice and navigate challenges in life outside the studio.