



Yoga2Life

Workshop Materials & Activities

Welcome! We are excited to have you join us on this journey of exploration and personal development. This packet is designed to be used in conjunction with the live training, “Yoga2Life Workshop.” However, you can also go through this material on your own.

The Yoga2Life Workshop is custom built for members of the yoga community who want to bring the power and impact of yoga to their lives outside 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 mat?

What expectations do you have about the instructor?

Yoga2Life is about bringing the principles and attitudes of yoga to our lives outside the studio. In order to achieve this, we first need to firmly ground ourselves in these principles, attitudes and our expectations about growth, struggle and change.

-FREE SAMPLE-

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 attitude as you working towards change?

5. Is your experience self-directed or is someone telling you exactly what to do?

-FREE SAMPLE-

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.

<p><u>SOLVED</u></p> <p>What steps did you take? How did the other person feel? Was there growth? Dependency?</p> <p>How attached were you to the outcome?</p> <p>Impact on relationship?</p> <p><i>~Share an example~</i></p>		<p><u>EMPOWERED</u></p> <p>What steps did you take? How did the other person feel? Was there growth? Capability?</p> <p>How attached were you to the outcome?</p> <p>Impact on relationship?</p> <p><i>~Share an example~</i></p>
<p>SOLVED</p>		<p>EMPOWERED</p>



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2. How do **you** personally prefer to be supported?

3. How do you provide support to those close to you?



4. What might this exercise reveal about your attitudes towards leadership and support? List some of the words that come to mind.

5. Mindset Matters- 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?

END of FREE SAMPLE

This concludes the FREE SAMPLE of the Yoga2Life Workshop Material.

Visit: www.coachtrainingalliance.com 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.

