



Create a Safe Space: An Inspirational Guidebook for Yoga Teachers Who Want to Further Serve Their Students (Paperback)

By Gudjon Bergmann

Createspace, United States, 2012. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. This valuable guidebook is intended for yoga teachers. The author is an experienced yoga educator (E-RYT 500). He ran his own yoga studio for five years, has taught well over 6000 yoga classes, and trained 80 yoga teachers. The guidebook is practical and explains how yoga teachers can create a safe space for their students and how both the students and teacher can prosper and grow. Topics include clear boundaries between teachers and students, personal practice, teaching philosophy, time management, self-confidence, the myth of the yoga voice, marketing, boredom, using prior experience, encouraging growth and questioning, ethics and more, all the time drawing on the author's years of experience and his interactions with his yoga teacher trainees through the years. The book is not written for any specific style, branch or brand of yoga, but for all yoga teachers, regardless of their affiliations and background.



Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- Lacy Goldner

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