



## Qualities of a Teacher: Sincerity/Clarity

As you move through your advanced teacher training, one major framework for our time together will be the art of teaching. As yoga teachers, we often focus exclusively on asana instruction. That is, of course, very important, but we also have to learn how to show up as *teachers*.

As students in an advanced yoga teacher training, it's your job to start (or continue) thinking about how you take the seat of the teacher. How do you want to interact with your students? Build community? Weave in the principles and philosophy of yoga? Pique students' curiosity?

The primary teaching qualities we'll be discussing during our time together are sincerity and clarity (module one), creativity and intuition (module two) and spontaneity (module three). These five qualities work in concert to give you a solid foundation as a teacher who is both grounded and adaptable, entrenched in the teaching and responsive to student's unique needs.

We begin with sincerity and clarity because it is only when we have clear vision that we can proceed. These qualities include components of:

- Maitri
- Acceptance -- of self and others
- Relevance
- Accessibility
- Boundaries
- Authenticity

Relatedly, the mantras of teaching for this section are:

- Teach the person, not the pose
- Do not be aggressive on someone else's behalf
- Teach what you know, not what you don't

*How do you, or could you, exhibit these qualities in your teaching?*