

How to Teach Yoga to Beginners in Yoga Teacher Training School

Beginner yoga instruction might be difficult. There's a good chance that none of the pupils in your class have ever done yoga before. Some of them might be afraid of upsetting you and the other students.



Rishikesh, Uttarakhand Jul 9, 2022 ([Issuewire.com](https://www.issuewire.com)) - [Rishikul Yogshala](https://www.rishikul.org/) has been providing the Best Yoga Teacher Training in Rishikesh for over a decade. '**Rishikul**' is a Sanskrit word that implies a location where people come to study, practise, share, and grow together, whereas '**Yogshala**' is a defined site where people come to learn, practise, share, and grow together. This is why 'Rishikul Yogashala' is the most sought-after destination for people from all over the world seeking the best Yoga Teacher Training in Rishikesh.

Our organisation is based in India and has been coaching students on their Yogic Journey for many years. We are a group of spiritual people that believe in disseminating Classical Yogic practises from a modern perspective.

Teaching **yoga to beginners** can be challenging. There is a high probability that the students in your

class have never practiced yoga before. Some of them may be nervous about disappointing you and the co-students. So, the responsibility is on your shoulder to make them at ease. And the first impression is crucial in such a scenario. Who knows, a student who had a positive experience in your class may develop a passion for yoga and end up being your lifelong follower.

Well, it is easier said than done. But don't panic; we have a guide to assist you in effectively teaching yoga to beginners.

Have a positive and caring attitude

It is important to have an enthusiastic attitude when dealing with beginners. The students will look up to you to show compassion and make them feel at ease around you. Understand that unless they feel comfortable, they will never open up. This will affect not just how they learn yoga but will also make it harder for you to teach.

Keep the sessions lively and engaging and try to apprehend the queries and the mindset of your students. This will help you develop as a teacher. Also, remember that some may require more time to come to par with the rest, so be patient with them.

Clear intention and proper communication are important

When working with novices, you should know exactly what you want to cover in [yoga class](#). This will serve as a guide for every class. Each of your classes must incorporate warm-up exercises, a central plan of standing and sitting positions, and a restoring section. In the initial days, you must also focus on teaching them breathing techniques.

Additionally, be specific in your communication with the students so they know what to expect and can prepare appropriately.

Here are some yoga poses you may incorporate:

- Child's Pose
- Plank
- Cobra Pose
- Downward Facing Dog
- Mountain Pose
- Tree Pose
- Cobbler Pose
- Bridge Pose
- Shavasana

Incorporate meditation and pranayama techniques

Most individuals only do yoga physically, but as a teacher, you must show your students that yoga is much more than that. Make an effort to assist them to understand how yoga can help them achieve a true connection between their mind and body, which will benefit them in all facets of their lives.

To ensure that integrating meditation and pranayama techniques in your sessions are a must.

Be flexible

We advise you to create a chart listing all the fundamental yoga poses you want to include. However, the basics should not be dull. The lack of variation causes many teachers to lose students. So, create at least three patterns that you may alternate throughout the first few classes while you and the other students get to know one another. This is necessary even if you are only working on fundamental poses.

After that, you can improve on those routine formats to include fresh concepts or adapt to the requirements of your students.

Highlight on Safety

It is recommended that you highlight safety throughout the session. Beginners occasionally become easily restless with their own development and have a propensity to push themselves too far to the point of injuring themselves. So, when dealing with beginners, safety is key and your students must be made aware of that. They need to be taught their personal margin and cautioned against forcing.

Also, make them understand the importance of patience in perfecting yoga and set an example of it.

Keep Props

Not all types of yoga encourage the usage of props. However, depending on the nature of the basic session, they can be an excellent technique to keep the students in good shape and help them advance at a reasonable pace.

Some students might require props at the start, while others might constantly require their help. Maintaining technique while avoiding injury is crucial, so keeping props might prove handy.

- Blocks- These help in maintaining steady standing poses with less wrist strain.
- Straps- They are great for bending and releasing poses.
- Cushions- They are useful when dealing with the back, waist, hip, and back. Some prefer using them during relaxing sessions as well.

Use your experience

We strongly advise you to employ your own student-life experience while teaching if you have taken Yoga Alliance certified yoga training courses from any of the [Yoga Teacher Training in Rishikesh](#) or anywhere around the world. Use the knowledge you have learned from your teachers, add your own input, and then chart a route you believe will be beneficial to your students.

Rishikul Yogshala is the finest option for yoga teacher training in India if you are just starting out and want to learn yoga from the best. Why? Well, here are your answers:

- We have a 100-hour training program for beginners. Any novice who wants to learn about yoga's comprehensive approach and pique their interest in its principles and practices can enroll in this two-week course.
- Our 200-hour course is the best 200-hour yoga teacher training in India. It concentrates on all the important subjects and is designed to mould a student for the start of their professional yoga career.
- Rishikul Yogshala in Rishikesh has the best teachers among all the best yoga schools in India each with a minimum experience of 10-15 years. They not only have a wealth of knowledge to share but are also caring towards all their students.
- We organize participatory and enjoyable sessions like laugh yoga classes, dancing yoga classes, etc. since we believe in educating students in a fun way. Additionally, we take our students on field trips too.
- Being one of the top schools to provide the best [Yoga TTC in Rishikesh](#), our classes include more than just the physical application of yoga; we also guide students to evolve as human beings by realizing their true inner potential. Therefore, even if you have no desire to teach yoga, the knowledge you will acquire will still alter your life.
- With Ma Ganga flowing by and the Himalayas around, Rishikul Yogshala in Rishikesh provides the ideal natural backdrop to begin your yoga journey.

We can't wait to help you flourish in the field of yoga.



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Source : Rishikul Yogshala Rishikesh

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