

Nourishing the teacher: *poses I avoid*

As teachers or practitioners of yoga there are certain postures that we tend to avoid. The reasons are many. We might not feel fully comfortable in the way the posture feels or the language that is necessary to lead it safely. Start keeping a list of the postures you ignore, incorporate them into your personal practice, and then teach on them. Once a pose has been woven into your regular routine, cross it off this list.

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