

Nourishing the teacher: *spice it up!*

Feeling stagnant in your planning or teaching...explore some of these ideas and ideally be matched up to your theme...

1. start in

- a. reclined bound angle
- b. legs up the wall
- c. standing
- d. supine mountain
- e. fetal
- f. partners seated back to back

2. end in

- a. savasana
- b. fetal

3. open/close with

- a. rubbing the hands together and placing them on a part of the body
- b. tarot cards
- c. silent bow
- d. om pranayama
- e. lotus mudra
- f. a chant
- g. movement meditation
- h. breath work
- i. sitting back to back
- j. partner massage
- k. group circle
- l. journaling
- m. drawing exercise
- n. inspirational reading
- o. one hand on belly one hand on heart
- p. continuous aums

4. change up the space

- a. students facing one another
- b. in a circle
- c. in a square
- d. in two rows facing one another
- e. in an octagon
- f. in pods of three

5. lead poses you never guide & create variations on common postures

- a. flying warrior
- b. flying chair
- c. add pulsation to any posture
- d. one legged variations
- e. core strengtheners