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JULY
MONDAY
2014

21
(202-163)

Role of a Teacher in YOGA - Education

Being a yoga tr. comes with a lot of responsibility, apart from just teaching the poses. Becoming a tr. is a life transforming and astounding resolution that enables you to bestow the treasure of the ancient art of yoga to others. "Yoga teacher is someone who is liable for spreading yogic wisdom & to become a certified Yoga instructor.

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(203-162)

JULY

TUESDAY

2014

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JULY

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Role of the Yoga teacher can be summed up as follows:

- The role of Yoga tr. is to teach and guide students in the practice of Yoga, motivating them to grow in their mind, body and spirit by demonstrating poses, creating an intentional plan for each session and setting an environment conducive to mindful, relaxing and focused class.

So we can say that role of a yoga tr. should be as a guide, a motivator, a holder of space, a planner.

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JULY
WEDNESDAY
2014

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(204-161)

2. To guide a student to a place of humility and peace through awareness of one's body and physical practice.

To instruct, strengthen, recharge and help students tap into their inner being to become a better person.

To help students to become stronger physically and mentally.

Build confidence and encourage all levels of students (yogis) to strive to do their best.

So, a Yoga tr. needs to play the role of a "cheerleader" so that students gain confidence and knowledge about the asana to be able to safely do ~~at home~~ them at home and develop a home practice. In this way they will take yoga off the mat.

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(205-160)

JULY

THURSDAY

2014

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JULY

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5. Role of yoga tr. should be a fitness and spiritual professional and mentor. As a yoga tr. one should teach students the basics of yoga with the goal to enable students to master more difficult moves. He should do this using different poses and teaching mindful breathing techniques to develop strength and promote relaxation.
6. The role of the yoga tr. should be to show their students that there is another way. That means challenges getting into a pose that can be adjusted with modifications or props.

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JULY
FRIDAY
2014

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(206-139)

7. A yoga tr. should make his/her students understand the spiritual, mental and emotional benefits of regular yoga practice.
8. A yoga tr. should help students to look what they have within them. In this way one can lead a better life.
9. A yoga tr. should impart knowledge of yoga to his students. He should explain to them how yoga is a way to healthy and integrated life. He should also tell them how yoga is a way to socio, moral and spiritual enlightenment.
- 10) As yoga enriches our lives. It helps us in seeking spiritual enlightenment. Here, the role of yoga tr. is to impart knowledge of various types of yoga, e.g. Jnana Yoga / the trail of knowledge,

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(207-158)

JULY

SATURDAY

2014

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JULY

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JULY

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Karma Yoga / Path of Action,
Raja Yoga / path of mind, Bhakti Yoga / the
ultimate goal, Hatha Yoga, Kundalini
Yoga, Ashtanga Yoga (eight-limbed Yoga)
Power Yoga, Yoga Vs Pilates; which
is best for the spiritual seeker of
truth, salvation and enlightenment.

- In the present scenario when the
the whole world is in crisis
due to coronavirus outbreak,
- can maintain our calm
only when we are spiritually
enlightened. Therefore, it
is the duty of a yoga tr.
to help students to learn

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JULY
MONDAY
2014

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(209-156)

the techniques to do

meditation that is focussing of the mind on some object. Meditation is the nearest approach to spiritual life. We divert ourselves of all material conditions and feel our divine nature. We are free from all matter. Meditation leads to Somadhi where all sorrows cease, all miseries vanish, the seeds for actions are burnt, and the soul is free for ever.

In the light of all this we can sum up the role of a yoga tr. as a facilitator of yoga, holder of space, cheerleader, motivator, a guide, a planner to uplift all of us socially, emotionally, morally, intellectually and spiritually. Indeed the role of yoga tr. is to make the human lives rich & prosperous.