

TEACHER SELF-CARE

Teaching is like being on an airplane. If you want to help others, you need to help yourself first. Waking up every day to go and share your passion with the world is a gift. We are responsible for taking care of it because sometimes, it can become fragile.

SELF-CARE GUIDE

Every effort needs to be balanced with relaxation, as well as taking small but important steps, like getting enough sleep and maintaining your own practice. Even if it's only a couple of minutes every couple of days. It helps you to stay in touch with your own body, with yourself and your passion.

- Figure out what makes you happy and focus on finding time to actually do it.
- Enjoy the small things and appreciate them, cultivating everyday gratitude.
- Surround yourself with good people, staying away from toxic attitudes
- Learn to say NO without feeling bad and guilty about it.
- Put yourself first, give yourself a value. We all need to feel we are seen, validated and paid for our work.



TEACHING IN (POST) COVID TIMES

Teacher fatigue is a serious issue, which spiked especially during the covid pandemic. Instead of enjoying our students in person, we spent countless hours behind a screen, struggling to find the motivation to give the same support, quality and assistance through online sessions. For many, this was draining, tiring and caused restlessness or even anxiety. Additionally, we faced never-ending adaptation to covid restrictions, a lack of financial support for small businesses and self-employed people, uncertainty, fear of losing clients and struggling businesses overall. A lack of human interaction and social support only helped to aggravate the situation.

9 gentle reminders

TO A GOOD TEACHER

Care for your students	Stay curious, study, keep your eyes open	Cherish your passion
Observe, listen, be empathic	Take care of yourself, put yourself first. Always.	Work hard, rest harder
Find balance	Hold boundaries, keep your space	Add yours ↴

CLASS

SEQUENCING

CLASS TIMING

5

WARM UP

10

INICIAL SEQUENCE

20

COREWORK

10

FINAL STRETCHING

5

RELAXATION

**CREATE YOUR OWN BEGINNER SEQUENCE BASED ON
CLASS TYPE AND RECOMENDED TIMING**

Cat and Cow

Instructions:

Make your silk into a strap right in front of you. Inhale, align your spine and while exhaling lean forward. Find your breath.

Inhale - extend your spine, lift your head, open your chest

Exhale - round your spine, chin to chest

Alignment

- feet hip distance apart
- hips over heels

Variations

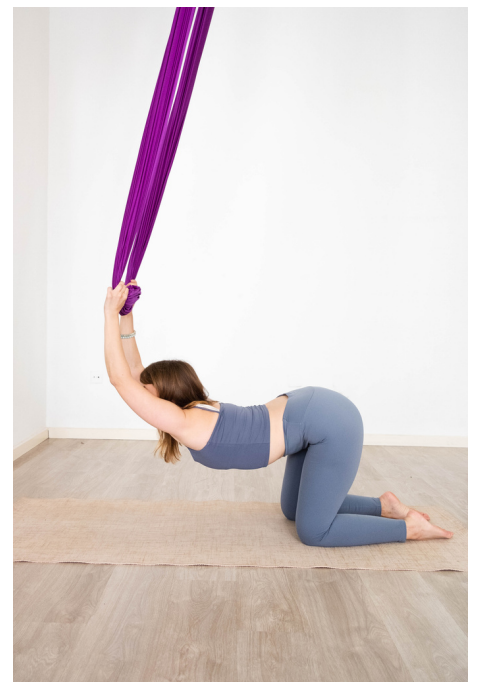
On your knees or inside of the silk (lotus pose) - always as rebound pose or slowing down when needed during the sequence

Benefits

- chest opener
- back pain relief
- improves the conscious breath
- deeply soothing and relaxing

BREATHING

Take some time to feel the poses and move through them as you breathe. Do you prefer rounding your back while inhaling or totally opposite? Stay mindful while performing this movement and find what works best for you.



Dancer Up-Side Down

Instructions

Grab your silk tightly behind your back and push it down on the hip level. Lean back, while using your core. Once the silk is stuck underneath your body weight, lean on it and slide your hands up at the same time. Open your legs wide in front of the silk and hug it from outside. Let go of one of your legs, bring it slowly to the side and then back behind you with your knee bended. Change sides.

Variations:

grabbing the feet
leg bended, stretched

Language

keep your hands off the floor while moving the legs
observe how your balance moves with the movement of your leg
keep calm, you control the silk, not the other way round

Benefits

- spine opening
- hip opener
- quadriceps stretch
- pectoral stretch
- build a sense of balance and control

Watch out

tight hips
redness, tiredness
time spent in the inversion

