

# Tips for Yoga Teachers

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This is a list of techniques for a successful yoga class.

1. Explain the benefits
2. Be clear and concise, make eye contact
3. Know your material
4. Take it step by step
5. Mirror the postures
6. Repeat the postures
7. Walk the room
8. Remind everyone to breathe
9. Help students develop their inner awareness
10. Use positive reinforcement