Art of Teaching: Introduction & Overview of Foundational Skill Sets

1. Name four or more general categories of skill that contribute to good yoga teaching.

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1. While teaching, what are some priorities regarding presence and mindful awareness?

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1. Describe specific objectives for teachers related to improving their knowledge of teachings.

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1. Give examples of skillful teaching.

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1. What tasks contribute to promoting student safety?

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1. What are some practical tips for effective teaching?

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1. Describe three levels of teaching.

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