

Mixed-Level Teaching Scripts

What not to say and what to say instead

Set the tone at the start of your yoga classes. Here is a sample script to make your students feel safe, welcome and included (feel free to put this into your own words):

"Yoga is not a one size fits all practice. In fact, this class is made up of all different folks with differing abilities and experiences. This means that people will be doing different things at the same time. There is no right or wrong way to do yoga, so long as it is helpful, healing, and not injurious. And my job is to help you choose for yourself what works best for you. Avoid the temptation to compare yourself to others or judge yourself. Instead, focus on what you can do not what you can't so you leave feeling empowered and excited."

This statement alone (while important) is not sufficient to make your mixed classes accessible. This requires a combination of accessible and inclusive language, variations appropriate for differing abilities, and the ability to simultaneously hold space for people with different experiences and abilities without hyper-focusing on one level and neglecting another.

Mixed-Level Teaching Scripts

What not to say and what to say instead

Here are some sample teaching scripts to make your classes more accessible and inclusive (think of them as suggested do's and don'ts):

"Here are a few options (or versions or variations). Option 1 do x. Option 2 do y. Option 3 do z.

rather than:

"Beginners do x, intermediates do y, advanced do z."

"Choose an option (or version or variation) that feels most accessible, doable, helpful, healing, useful."

rather than:

"If you can't do _____, then do _____."

"Watch me as I demonstrate the various options (or versions or variations) for this pose/transition/section of the class."

rather than:

"Watch me as I demonstrate how to do _____. Need a modification (or downlevel, uplevel, have further to go, or want to do the full expression of the pose) then do X instead."