

Teaching Skills Test

Instructions:

Copy and paste your questions to an email, or document to answer them, and submit to halilovestudio@gmail.com.

1. Explain the 4 Tattvas of Yin Yoga as you would present them in your asana class to brand new students.
2. Explain what the Powerful Teaching Skills are and how you plan to incorporate them into your teaching.
3. Create a sentence of each meridian that you could bring into your asana classes - you can edit any of the sentences given.