



# 2021 Yoga Teacher Training

Use words w/intention and Understand impact (Ouch/Oh)  
WAIT (Why am/aren't I Talking?)  
Utilize breakout room activities  
Offer verbal validation  
Care for one another's experience  
Aware of judgment  
Best intention / Best perception  
Pause before acting/Reacting

Be on time most of the time  
Utilize breakout room activities  
Manage tangents  
Be fully present  
Respect one another's time  
Utilize Forum space to address tangent topics  
Pause before acting/Reacting

Do not make assumptions  
Honor the experience of one another through compassion  
Allow for space for reflection  
Honor comfort levels  
Utilize breakout room activities  
Care for one another's experience  
Aware of judgment  
Best intention / Best perception  
Pause before acting/Reacting

Speak from the heart

Listen from the heart

Minimize distractions

Group Agreements

Keep an open mind

Practice embodiment

Confidentiality

Be aware of time/ Be aware of tangents and monopolizing conversations  
Utilize group chat/Messaging communication  
See, Hear, Do  
"Come as you are; Get in as you fit"  
Self-awareness to avoid monopolizing conversations  
Utilize breakout room activities  
Enter learning space with intention  
Care for one another's experience  
Aware of judgment  
Best intention / Best perception  
Pause before acting/Reacting

Practice embodiment  
Be open to constructive feedback  
Utilize breakout room activities  
Nobody is "too" anything  
Best intention / Best perception  
Pause before acting/Reacting

What is spoken here, stays here