

Invitational Cueing

Choosing words for a healing-centered yoga practice



What is an invitation?

In·vi·ta·tion (/ˌɪnvəˈtɑːʃən/)

The action of inviting someone to go somewhere or to do something.

What is the expectation of an invitation? What is the intention?

How can the practice of the Yamas support how we offer invitation?

- Non-Harm, Truth, Non-Stealing, Non-Excess, Non-Attachment



Establishing Space for Curiosity & Exploration

Why Practice Yoga?

What are the motivations/interests/intentions of **Participants**?

How can you offer space for curiosity without assumption?

What are **your** motivations/interests/intentions as a **Facilitator**?

How can you create opportunities for mindfulness and support personal agency?

Beginning with *anatomical cues to accessible variations* of postures

Invite participants to explore variations to determine what is best for them.

How can your own experiences inform your offerings?

Where are your curiosities?

What do you explore during your personal practice?



Learning from your Personal Practice

How do you practice?

What/how do you experience your yoga?

What have you learned/are learning about yourself?

How do you explore your own range of motions/emotions?

What, if anything, do you focus on during your practice?

What, if anything, do you avoid during your practice?



The Power of Words

How we offer cues matters!

Build the Foundation with the Most Accessible Variations -

Anatomical Cues

- Specific to movements that will support 1st posture variation to explore
- Follows accessible path to embody the posture/movement
- Language supports connection (“your arm”)

Encouraging self empowerment & building competency -

Invitational Cues

- Invites further exploration
- Promotes curiosity & individual need (What do you notice?)
- Supports participants to explore and discover variations that are best for them



The Power of Words

How we offer cues matters!

By offering accessible variations of postures, and choosing invitational, supportive language we support competency growth, reduce competition between participants, and dismantle guru ideologies.

Words/Ideas to avoid:

- ❑ If you can't / if you can
- ❑ If you want a challenge
 - ❑ Uses of "Challenge"
- ❑ Adjustment/Correction
- ❑ If this is too much...
- ❑ I want you to...
- ❑ Value Based Cueing/ You'll feel... Doesn't this feel good?
- ❑ Gender specific language - "Ladies/Gentlemen" "Guys" etc

The Power of Words

How we offer cues matters!

1. Breath Cues

- “If it feels supportive, you might begin to notice your breath.”
- “You’re welcome to explore breathing in through your nose and out through your mouth.”
- “See if you’d like to deepen your breath, or keep it just as it is.”
- “You could invite your breath to slow down, without forcing anything.”

2. Movement & Shape Cues

- “When you’re ready, you might start to bring your arms overhead.”
- “If it’s comfortable for you, explore lengthening your spine.”
- “You could try shifting your weight forward or back and notice how that feels.”
- “You’re welcome to keep your eyes open or soften your gaze.”
- “If you’d like, explore lifting your chest or staying right where you are.”
- “You might notice if your body is asking for movement here, or stillness.”

3. Transition Cues

- “When you feel ready, begin moving toward a seated position.”
- “If you’d like, slowly make your way into a shape that feels grounding.”
- “You might start to release the posture in a way that feels safe for your body.”
- “Take your time as you transition — there’s no rush.”

4. Sensation & Awareness Cues

- “Notice any points of contact your body has with the mat or floor.”
- “You could bring your awareness to how your body feels in this moment.”
- “If you want to, notice the temperature of the air against your skin.”
- “You might observe any sensations that are present without needing to change them.”

5. Choice & Autonomy Cues

- “Everything here is an option — please choose what’s right for you.”
- “If this shape doesn’t feel supportive, you’re welcome to take another that works better.”
- “You’re the expert on your body — take, leave, or adapt anything I offer.”
- “It’s always okay to rest, even if I’m guiding something different.”

6. Closing & Integration Cues

- “If it feels right, you could take a moment to notice any changes since we began.”
- “You might invite a breath of gratitude for yourself for showing up.”
- “Take any final movement or stillness that feels nourishing before we close.”
- “When you’re ready, you could slowly open your eyes or lift your gaze.”