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Effective Cueing for Yoga Teachers

Presented by:
Cara Bradley, E-RYT 200
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Effective Cueing for Yoga Teachers

Cara Bradley
• **Founder**, Verge BodyMind (2004)
• **Director**, RYS 200 (2004)
• **Teacher**, Yoga (1998)
• **Teacher**, Movement 30+ years
Agenda

- Common Mistakes
- Effective Cueing
- The Cueing Template
  - Transitional
  - Super
  - Support
  - Exit
- Support Cues Explained
- Q & A
Yoga Sutra 1.2

Quieting of the Mind
Common Cueing Mistakes

• Too Many Words
Common Cueing Mistakes

- Too Many Words
- Complicated Instruction
Common Cueing Mistakes

- Too Many Words
- Complicated Instruction
- Passive Cues
Common Cueing Mistakes

- Too Many Words
- Complicated Instruction
- Passive Cues
- Little Space to Integrate
Effective Cueing

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Effective Cueing

Speak directly to body parts by using simple active verbs...
Effective Cueing

Speak directly to body parts by using simple active verbs...

1. **Lunge** your left foot back
2. **Lift** your back heel high
3. **Reach** your arms overhead
Cueing Template

Pose 1

  Transitional Cues

Pose 2  Super Cues

  Breath 1  Support Cues
  Breath 2
  Breath 3  a. Silence
  Breath 4  b. Mental Support
  Breath 5  c. Breath
              d. Physical Support
              e. Personal Experience

  Exit Cues

Pose 3

  Transitional Cues

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Cueing Template

Transitional Cues:

Simple direction to move student from the end of one pose to beginning of the next pose.
Cueing Template

Transitional Cues:

Simple direction to move student from the end of one pose to beginning of the next pose
Cueing Template

Super Cues:

- Moves student into pose simply and clearly
- Cueing is active and precise
- Teacher pauses to give time for physical connection
Cueing Template

Super Cues:

- Moves student into pose simply and clearly
- Cueing is active and precise
- Teacher pauses to give time for physical connection
Cueing Template

Exit Cue:

- A way to complete the pose
- Generally cued with a “final breath”
- Encourages student to challenge and/or deepen
Cueing Template

Pose 1

Transitional Cues

Pose 2  Super Cues

Breath 1  Support Cues
Breath 2
Breath 3
d. Physical Support
e. Personal Experience
Breath 4

 Pose 3

Transitional Cues

Breath 5  Exit Cues

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Cueing Template

Pose 2  Super Cues

Breath 1

Breath 2

Breath 3

Breath 4

Support Cues

a. Silence
b. Mental Support
c. Breath
d. Physical Support
e. Personal Experience

Breath 5  Exit Cues

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Effective Cueing

- Speak in command form
- Directly to body parts
- Use simple active verbs
Thank you!

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Upcoming Online Workshops

How to Bring Chanting Into Your Yoga Classes and Daily Life
Presented by Dr. Deepti Sastry, E-RYT 200, RYT 500, YACEP
Wednesday, February 8 at 2:00 p.m. ET

Pop-Up Yoga: Creating Unique Yoga Events
Presented by Elle Potter, E-RYT 500, YACEP
Thursday, February 16 at 2:00 p.m. ET

Zero-Budget Marketing Strategies
Presented by Lucas Rockwood, E-RYT 200, RYT 500, YACEP
Thursday, March 9 at 2:00 p.m. ET

Seven Tips for Creating and Marketing Engaging Workshops
Presented by Amy Kraft, E-RYT 500, YACEP
Thursday, March 23 at 2:00 p.m. ET
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