

After returning from the teacher training in August, I have begun giving myself a home class almost every day alternating between level 1 and level 2. I remember what my calculus teacher said in high school. "I should be able to wake you up at 3 AM and you should be able to derive the formula for the derivative." I have taken the same approach to my home practice. You may find that it is not easy for a new teacher to teach a class. A lot of studios want you to do their training before they will even let you substitute. I started attending the Maya Whole Health Yoga Studio in Seattle using the 2 month newbie membership special. After just a month, the sub did not show up for a Tuesday 10 AM class that I regularly go to which is a level 1 – 2 Vinyasa. I asked the students if I could give them a Dharma class and the person who was working the front desk. Everybody said fine so I did it. I quickly went to the bathroom and had a pounding heart for a minute. Once I opened with Dharma's classic Bhagavad Gita reading: " Fix your mind on me alone....", all was calm. I was transported back to my training. I remembered the only suggestion that Jeremy Frindel had given me was to make sure I kept within the time limit. I showed the students the square twist pose and the half shoulder stand. I then did the class straight the way it was taught to us. I did the pranayama holding for just four seconds and a full meditation along with Shivasana. I told the students to imagine the So – Hum on the in and out breath. Think of being on an island with a beautiful beach with white sand. See the waves breaking on the So – inhale and retreating on the Hum – exhale. One of the students thanked me later for that image. It is a real life image of me going to the beach on Vlieland, an island in the North Sea in Netherlands, where visitors can only bring or rent a bike. No cars are allowed on the ferry for outsiders. After the class a few students took my card and the following week a teacher who was in the class, told me how much she liked it. She said I could sub for her. I am writing this to tell my fellow trainees, that it is really easy now to teach a class. Dharma and the mentors have given you everything you need. Take a few So-hum breaths and go out and do it!

Dharma Mitra Yoga New York Center  
297 3rd Avenue, New York, NY 10010 USA  
Ph: +1-212-889-8160 | Fx: 1-212-889-1047  
[www.dharmayogacenter.com](http://www.dharmayogacenter.com) | [info@dharmayogacenter.com](mailto:info@dharmayogacenter.com)