

RANJANA YOGA CLASS

Teacher and Community

A Beginner's Guide

Hands-on adjustments, becoming a teacher,
and building a yoga community

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

Contents

#	Section
1	What yoga teaching and community is
2	Before you begin: safety first
3	Adjustments, training and community
4	Good habits for teachers
5	A 20-minute self-review
6	Your four-week plan
7	Choosing a class or teacher
8	Practising at home
9	Honest expectations
10	Common mistakes and fixes
11	Questions people ask
12	A pre-session checklist
13	Your first week, day by day
14	Glossary
15	Practice log

1. What yoga teaching and community is

Adjustments are small changes a teacher suggests, by words or touch, to help a student feel safer or more comfortable in a pose. Becoming a teacher is a path of training, practice and responsibility. A community is the group of people who practise and learn together.

Words and demonstrations come first. Touch should always be optional, asked for, and easy to decline. Many students prefer none, and that is fine.

The short answer

Teacher training takes time. Look for programmes that cover anatomy, safety, philosophy, teaching practice and ethics, and for mentors who keep learning themselves.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

Hands-on adjustments carry risk. Never force a student into a pose. Ask about injuries first, respect every refusal, and encourage anyone with a medical condition to check with their doctor.

Stop and get medical advice if you notice:

- a student who flinches, pulls away or says no;
- pain, dizziness or breathlessness during an adjustment;
- a student with a condition outside your training.

3. Adjustments, training and community

Topic	Key points	Care
Adjustments	Offer words and demonstration first.	Always ask consent.
Teacher training	Cover anatomy, ethics and practice.	Check the programme carefully.
Community	Welcome people of all levels.	Keep it kind and inclusive.

4. Good habits for teachers

Habit	Why
Ask before touching	Respects boundaries.
Prefer verbal cues	Safer and clearer.
Keep learning	Teaching grows with practice.
Know your limits	Refer on when needed.

Humility and care matter more than certificates alone.

5. A 20-minute self-review

Time	Practice	Notes
5 min	Recall a recent class	What went well.
5 min	List one thing to change	Be specific.
5 min	Plan one cue to try	Keep it simple.
5 min	Note a student to follow up with	Kindly.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Learn to cue with words only	20 min	Is it clear?
2	Observe an experienced teacher	1 class	Note what they do.
3	Explore a teacher training	Research	Compare programmes.
4	Join or start a small group	Weekly	Is it welcoming?

7. Choosing a class or teacher

Look for studios and groups that value consent, safety and inclusion, and that welcome beginners.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, practise cues aloud, and invite a friend to share a gentle session.

9. Honest expectations

Teaching and community can be rewarding. They carry responsibility, and results depend on training and care.

10. Common mistakes and fixes

Mistake	Fix
Touching without asking	Always ask.
Pushing into a pose	Never force.
Teaching beyond your training	Refer on.
Chasing certificates only	Keep practising.
Excluding newcomers	Welcome all levels.

11. Questions people ask

Do teachers need to adjust students?

No. Verbal cues and demonstrations often work better.

How do I become a teacher?

Complete a recognised training, practise teaching and keep learning.

How do I build a community?

Start small, be welcoming and keep sessions consistent.

What if a student says no to touch?

Respect it at once, with no pressure.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Consent	Clear permission before touch.
Adjustment	A change that helps a pose feel safer.
Mentor	An experienced teacher who guides you.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Teaching notes	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				