

ADDRESSING YOUR POPULATION. WHO SHOWS UP TO CLASS?

Yoga is for everybody! If you are teaching group classes, chances are you'll have all types of abilities and limitations come to your class. Consider having props ready such as blocks, straps and chairs for those who may benefit from them.

Modifications? Implies easier.

If you want to bring this to the next level, what do you do?

Pick a posture for easier modification?

Pick a posture to take the student to the next level?

