

# Confident Cueing

Join us for an empowering workshop designed to boost your confidence as a yoga teacher. Explore foundational and advanced cues, mastering breath-based cueing and empowering language. Learn to command the room with confidence and precision, guiding students through their practice with clarity and intention. Dive into cueing sensation and embodiment, unlocking the power of mindful movement. Leave feeling empowered and ready to lead impactful and transformative yoga classes.

- Presence of a Yoga Teacher
  
- Foundational Yoga Cues - Purpose: to keep people Safe
  
- Additional Yoga Pose Cues - Purpose to Enhance the Experience

## Foundational Cueing Exercise

Practice your cues while in a single yoga pose (not moving). Pick a pose, write alignment cues, 2 inhale/exhale cues, 1 gaze point, 2 distal point cues, 2 contraindications and how to fix them, 2 modifications and 2 intensifications.

Alignment cues:

Inhale (action + body part + direction):

Exhale (action + body part + direction):

Inhale:

Exhale:

Gaze Point:

Distal Points x2:

There's a tendency to \_\_\_\_\_

So today lets \_\_\_\_\_

And you should feel \_\_\_\_\_

There's a tendency to

\_\_\_\_\_

So today lets \_\_\_\_\_

And you should feel \_\_\_\_\_

Modification:

Modification:

Intensification:

Intensification:

## EMPOWERING WORDS

Draw Brush Shift Transition Descend  
Lengthen Expand Send Engage Float Drive  
Press Rise Melt Curl Rotate Surrender  
Unwind Settle Pivot Glide Sink Energize  
Float Hug Twist Ground Fold Spiral Drift  
Nourish Ease Soar Illuminate Anchor  
Elevate Open Radiate Balance Flow Lift  
Center Embrace Stabilize Soften Activate  
Breathe Align Connect Release

### *Christian Empowering Words*

Breathe in Grace  
Embrace Faith  
Ground in Peace  
Lift in Praise  
Reach for the Divine  
Anchor in Hope  
Open to the Holy Spirit  
Flow with Love  
Center in Christ  
Trust in His Plan  
Extend in Worship  
Release to God  
Bow in Reverence  
Radiate His Light  
Rest in His Presence  
Surrender to His Will  
Align with His Purpose

Reflect on His Word  
Rejoice in His Love  
Meditate on His Truth  
Shine with His glory  
Balance in His Strength  
Draw from His Power  
Envelop in His Mercy  
Stand in His Truth  
Calm in His Assurance  
Flow in His Spirit  
Gaze towards Heaven  
Ground in His Love  
Stretch in His Embrace  
Move with His Guidance  
Rest in His Grace  
Renew in His Promise  
Connect to His Presence  
Lean into His Comfort  
Strengthen in His Name  
Yield to His Wisdom  
Surround in His Peace

### *WORDS TO AVOID*

Anything flowery

Anything repetitive

Anatomy without explanation

Asking out loud for injuries

Asking out loud for newbies

### *OUTDATED CUES*

Tuck your tailbone

Square the Hips

Flatten your back

### *DISEMPOWERING CUES*

Sort of...

Kind of...

What I'd like you to do...

### *FILLER WORDS*

So from here, let's....

And then...

Anyway...

Just hold here...

Now you're gonna...

Go ahead and ....

Ummm...

## **Thesaurus Exercise**

*List at least 10 ways to replace these words or phrases:*

*GROUND/PRESS:*

Words to replace

*LENGTHEN:*

Words to replace

*BREATHE:*

Words to replace

*ENGAGE YOUR CORE:*

Words to replace

*BRING:*

Words to replace

*DROP:*

Words to replace

*RELAX YOUR SHOULDERS:*

Words to replace

*PUT:*

Words to replace



## Breath-Based Cueing S.E.E. METHOD

INHALE + SPECIFIC BODY PART + EMPOWERING ACTION + EXACT LOCATION

EXHALE + SPECIFIC BODY PART + EMPOWERING ACTION + EXACT LOCATION

Pick a pose and write inhale and exhale cues to the pose as if you were holding in the pose for a few breaths. Inhales are usually “lengthen” or “expand” or “reach” type actions, and exhales are usually “press” “engage” or “contract” type actions.

PICK A POSE \_\_\_\_\_

Inhale

---

Exhale

---

Inhale

---

Exhale

---

PICK A POSE \_\_\_\_\_

Inhale

---

Exhale

---

Inhale

---

Exhale

---

PICK A POSE \_\_\_\_\_

Inhale

---

Exhale

---

Inhale

---

Exhale

---

## **CUEING SENSATION AND EMBODIMENT**

Cueing to sensation and embodiment in yoga involves guiding students to focus on their internal experiences and bodily sensations, fostering a deeper connection with their practice. A useful formula for this is the "N.I.V.A." approach.

**FORMULA: NOTICE, INVITE, VISUALIZE, AFFIRM**

1. Notice: Encourage students to observe and become aware of specific sensations in their bodies.
2. Invite: Invite students to explore and deepen these sensations, offering options for modification to find what feels best for them.
3. Visualize: Use imagery and metaphors to help students connect with their bodies and the energetic aspects of the pose.
4. Affirm: Reinforce the experience by affirming their sensations and efforts, creating a sense of validation and encouragement.

**Notice:**

**Invite:**

**Visualize:**

**Affirm:**

## **POSE BENEFIT OR STORY**

List the benefits of the pose

POSE:

Physical benefits:

Mental benefits:

Emotional benefits:

Spiritual benefits:

Write a message or story around the pose:

## Intention Setting

When you attend a yoga class or even take a class online, you will often hear the teacher tell you to set an intention for your practice at the beginning of class. But how do you do that? What's an intention? Intentions are the pathway or the journey to which you will achieve your goal. It is important to set both intentions and goals. Because intentions are present moment based, they are more appropriate to set at the beginning of your yoga practice

### Goals vs Intentions

Goals focus on the future Intentions focus on the present

Goals are a state of planning, intentions are a state of reflection.

Goals set up the steps to control the future, intentions reflect on present and feelings.

Goals are specific, intentions are broad.

Goals are a state of doing, intentions are a state of being.

My Intention is to...

...forgive myself and others

...love unconditionally.

... Stop taking things personally.

...begin where I am right now.

...allow space in stuck areas.

...take care of myself before others.

...breathe fully and deeply.

...let go of fear.

...embrace change.

...to embrace God's peace in every moment.

...cultivate a heart of gratitude for God's blessings.

...extend Christ's love to myself and others.

...find strength in god's presence within me.

...surrender my worries to God's care.

- ...trust in God's plan for my life.
- ...reflect God's light through my actions.
- ...rest in God's grace and mercy.
- ...renew my mind with God's truth.
- ...open my heart to God's healing power.

### **3-Part Breath Set-Up**

Within the first couple minutes of your yoga class, mention how the breath works for us using this three-part guide.

1. Connects us to the present moment
  - a. Our breath is a life giving breath from God and your most precious resource. All things come and go, just like the breath. Think about how you breath in different emotional states. We often let our emotions affect our breathing. Turn it around and use your breath to affect your emotions and stay connected to the present moment.
2. Explain how to breathe
  - a. Mention how we breathe in yoga class. You could explain circular breathing – inhale through the nose, down the back filling the lungs then exhale as the breath circles up the front of the chest handout through the nose. Or mention ujjayi pranayama, bell breathing, counting during inhale and exhale, etc.
3. Use breath as a guide/barometer
  - a. Breath is your barometer, measure , guide, gauge, meter, etc. When it gets choppy or labored, modify. When the breath is fluid or our mind starts to wander away from the breath, intensify.

Create a one-minute script to help students understand how to breathe during their yoga practice. Be sure to mention the three elements of breath set-up. You can use this script over and over again.

1. Connecting to the present moment
2. How to breathe
3. Using the breath as a guide



# NOTES