

# HOW TO KEEP YOUR YOGA STUDENTS COMING BACK

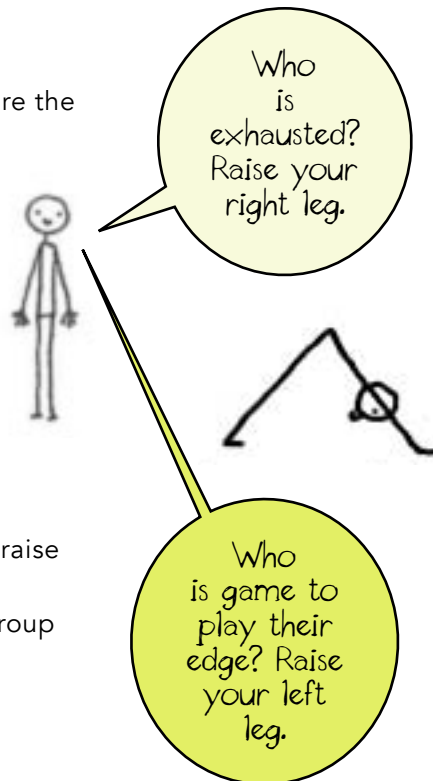
Designed for Yoga Teachers who want to make a better living... and be better teachers.  
-- By Cate Stillman, founder of [Yogahealer.com](http://Yogahealer.com) and Yoga Health Coaching

Your students need to know that you are looking out for them. The best tactic I have found that works EVERY TIME is polling. Ask your students questions - while they are on the mat, moving and breathing. Then, use the results to adjust your sequence and to personalize your instruction. Your students will feel your care and return for your attention.

## 1. HOW TO POLL

Start your next class with polling. Here are the steps:

1. As part of your class warm up (after your intro), get your students in a pose they can hold for about 20 seconds. Down dog, triangle or side angle pose.
2. Ask the students to keep their eyes on their own mat.
3. Ask your polling question... with raise your right leg (or arm) if....."
4. Notice how the majority of the group responds.
5. Notice how individuals respond.



## 2. POLLING QUESTIONS

To teach effectively, you need to know what is going on with your students. Meditate daily, even for 5 minutes.

- ★ Raise your right leg IF your body is tired. (in down dog)
- ★ Raise your right arm IF your body is dehydrated (in triangle)
- ★ Raise your left leg IF your body is ready for a challenging workout (in down dog).
- ★ Raise your left arm IF your diet is improving along with your yoga practice.

## 3. AFTER YOU POLL:

Now you have a clue as to what is happening with your class as a group, and with each person. It's time to take action with your information:



- ★ Tailor your class to meet the needs of the majority.
- ★ Speak your 1-1 instructions to each student's specific needs. You can give each student more accurate instruction and you'll cultivate a stronger personal connection.
- ★ Plant seeds for contemplation throughout your instruction about the basic habits of yoga, including going to bed early, waking early, meditation, eating simple whole foods, etc.

Through polling you are helping your students become more conscious of their bodily needs. You can plant the seeds for better body habits that are part of yoga. And ...you're doing your target market research to find out how you can be more useful to your students with your yoga teaching and wellness skills. Your students will notice the stronger connection you have with your class... and they will come back to you for more. Guaranteed.

