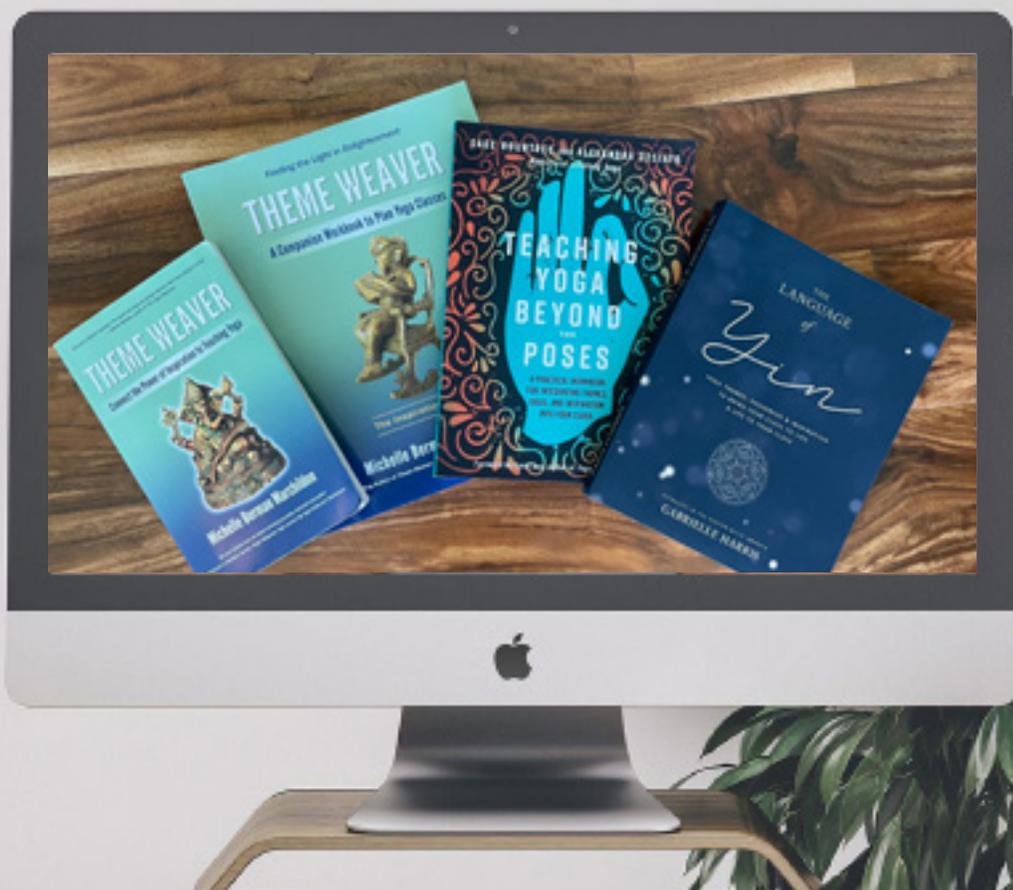


Creative Cueing *workbook*

Ashley Hagen, E-RYT, YACEP



Welcome to Creative Cueing

Waves hand!

Hi, I'm Ashley.

I've created the Creative Cueing workshop and workbook for new yoga teachers inside of my membership. This guide will give you more practice techniques to enhance your teaching. My hope is that you and your students feel comfortable in your ability to lead a safe and effective yoga class, but with that little extra bit of pizzazz!

Thank you for downloading this workbook. I hope you enjoy it and use it to become your very best self in your yoga teacher journey.

Connect with me at [**AshesYoga.com**](https://www.AshesYoga.com)

Ashley Hagen



[**@AshesYoga**](https://www.instagram.com/AshesYoga)



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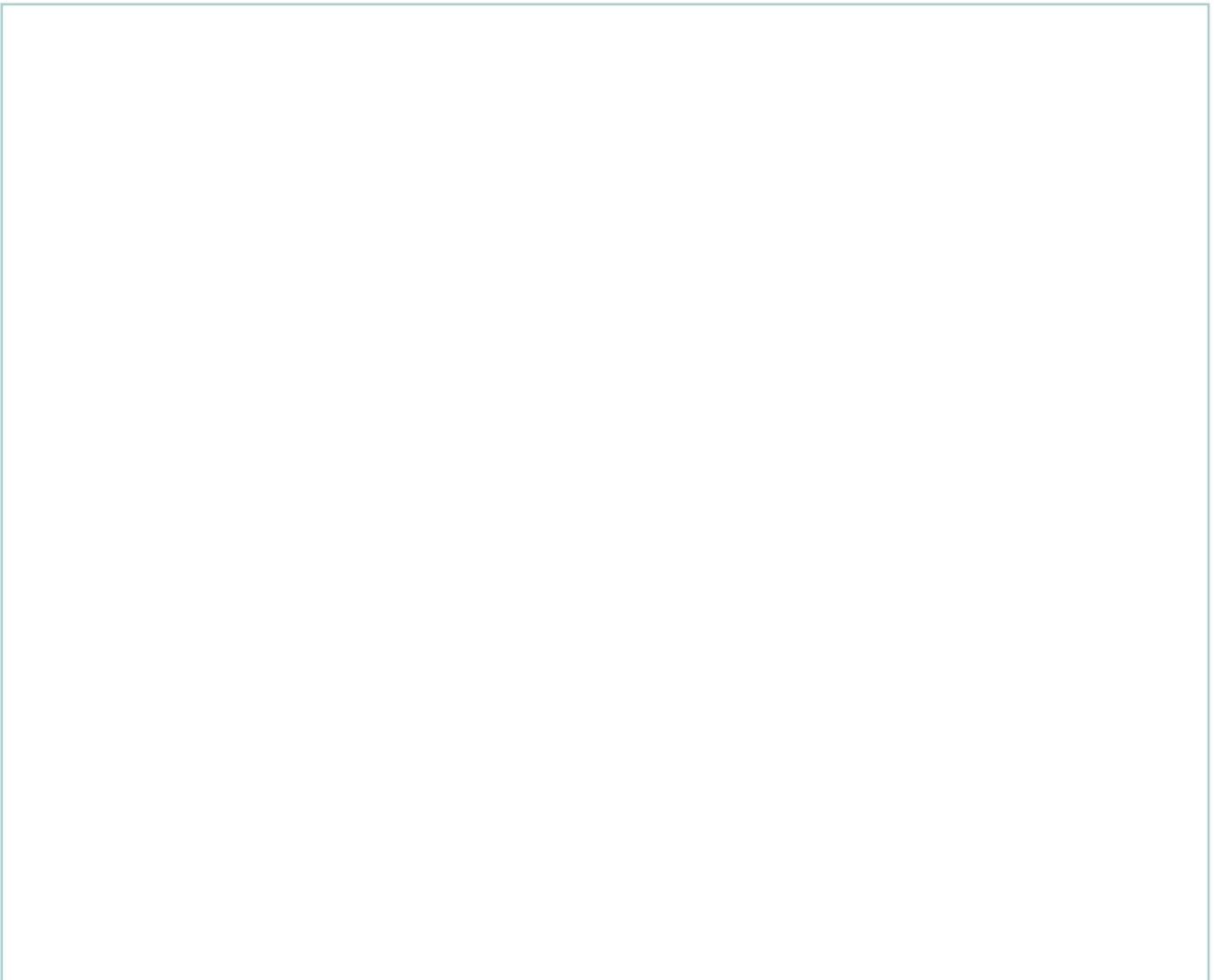
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Creative Cueing
DESCRIBE YOURSELF

The teacher has the responsibility to be interesting and to keep the process fresh. That has little to do with reinventing the sequence of postures or exercises used. It's your energy that brings freshness and keeps it interesting and full of life.

Be true to yourself. Describe your personality:

A large, empty rectangular box with a thin black border, intended for the user to describe their personality.

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EMPOWERING WORDS

Creative cueing does not mean you must add more. Rather, the words you use need to be clear and a reflection of your teaching style. Make a list of empowering verbs (active action words):

Draw	<input type="text"/>	<input type="text"/>
Brush	<input type="text"/>	<input type="text"/>
Shift	<input type="text"/>	<input type="text"/>
Transition	<input type="text"/>	<input type="text"/>
Descend	<input type="text"/>	<input type="text"/>
Lengthen	<input type="text"/>	<input type="text"/>
Expand	<input type="text"/>	<input type="text"/>
Send	<input type="text"/>	<input type="text"/>
Engage	<input type="text"/>	<input type="text"/>
Float	<input type="text"/>	<input type="text"/>
Drive	<input type="text"/>	<input type="text"/>
Press	<input type="text"/>	<input type="text"/>

Disempowering cues to not use:

Sort of...

Kind of...

What I'd like you to do...

Whenever you're ready...

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THESAURUS EXERCISE

Over-used word:

Replacement words or phrases:

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METAPHORS

A metaphor is a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.

COMMON YOGA METAPHORS

- Melt your heart.
- Puff out your kidneys.
- Smile your collarbones.
- Push the earth away.

List other yoga metaphors below

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SIMILES

A simile is a figure of speech involving the comparison of one thing with another thing of a different kind, used to make a description more emphatic or vivid (e.i., as brave as a lion, crazy like a fox).

YOGA SIMILE EXAMPLES

- Reach like your touching the stars.
- Step back as if your foot is landing on a lily pad.
- Press into the ground as if you are growing roots.

Create your own yoga similes below

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VERBAL CORRECTIONS

POSE:

MISALIGNMENT:

Three ways to verbally correct the misalignment:

1.

2.

3.

POSE:

MISALIGNMENT:

Three ways to verbally correct the misalignment:

1.

2.

3.

POSE:

MISALIGNMENT:

Three ways to verbally correct the misalignment:

1.

2.

3.

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WORD FOR WORD

Write out exactly how you would cue a class moving through a 5-pose sequence. Record yourself and practice along. Make adjustment as needed.

5 POSE SEQUENCE

1.
2.
3.
4.
5.

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NO NAME CALLING

Write out exactly how you would cue a class moving through a 5-pose sequence WITHOUT using any pose names, in English or otherwise. Record yourself and practice along. Make adjustment as needed.

5 POSE SEQUENCE

1.
2.
3.
4.
5.

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POSE BENEFITS OR STORY

POSE:

List the pose benefits: physical, mental, emotional, energetic, etc.

Write a message or story around the pose.

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QUOTES & MANTRAS

QUOTES: Keep them simple and use them sparingly. Paraphrase after you read or recite the quote. List your favorites and any notes:

MANTRAS: Words or phrases that you repeat. These could be positive affirmations or simple Sanskrit phrases. List your favorites and any notes:

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CLASS OBSERVATION JOURNAL

Date Time

Duration Class Level

Class Name

Teacher

Location

Class Focus

Theme

Props Used

Notes on the yoga teacher's cues and presentation