

PRESS RELEASE BEGINS

DISCOVER HOW TO CREATE A YOGA LESSON PLAN IN UNDER 15 MINUTES?

The #1 Reason So Many Gifted Yoga Teachers Quit Teaching Is Because They Spend 160 Minutes Planning One Yoga Class. If Only They Knew About The 15 Minute Yoga Lesson Planning Tool!

Yoga teachers spend about 160 minutes planning one yoga class. 145 minutes of that is wasted effort! The Comedian, Jasper Carrott, did a sketch on TV where he worked out how exactly how much time we humans spend doing stuff. It started something like this: *'In my lifetime I'll spend 13,977,600 minutes sleeping, 5,241,600 minutes watching the TV, 582,400 minutes going to the toilet, 145,600 minutes brushing my teeth, 105,000 minutes picking my nose...'*

The punch line was funny, but the message was painful. It made the viewer aware of how much precious life he or she was throwing away. As William Penn put it, *"Time is what we want most, but what we use worst."*

As yoga teachers we teach our students to 'flow' more with life instead of using willpower and brute force, yet we use willpower and brute force when creating our lesson plans. The average yoga teacher will spend *160 minutes planning their lesson, 90 minutes teaching the lesson, 40 minutes travelling to and from the yoga class, and ten minutes chatting with students after the class.* That means one yoga class swallows up five hours of a yoga teacher's life! Spending five hours on one yoga class is fine if you're retired and have lots of free time, but that's not the reality for 95% of yoga teachers. Most yoga teachers have full time jobs and a family to manage. One of the main reasons so many wonderful yoga teachers quit teaching is because they waste so much time planning their classes.

Would you cut your lawn with a pair of scissors? No! Of course you wouldn't. That would require a whole lot of willpower and brute force and it would be boring, back-breaking work. As a sane, rational yoga teacher, you'd use your lawn mower and cut grass easily and effortlessly. Most yoga teachers would agree that a lawn mower is a far better tool to cut grass than a pair of scissors. Most yoga teacher would also agree that using a lesson planning tool to create their lesson plans is far better than using willpower and brute force. Why spend 160 minutes creating a lesson plan when you can create a much better one in under 15 minutes using a yoga lesson planning tool?

For more information on how create a lesson plan in under 15 minutes and other useful Yoga Teacher Tools, visit www.georgewatts.org/yogateacherstore.

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