

CONCISE CUEING

- Keep instruction as simple as possible
- Consider the cadence of the voice. Avoid being sing-song, ending sentences on a high note (like a question) and being monotone
- Develop a repertoire of cues for each pose that are simple and effective
- Watch the class to determine exactly what they need to hear that will bring them the most success in a posture or movement

Remove all filler words.

Common examples:

- And... (And, exhale)
- Good! (Lift your left leg up, good!)
- -ing (Lifting, reaching, stretching)
- Um or Uh
- We're going to (And now, we're going to do Tadasana)

Keep instruction to no more than 3 cues per posture

Example for Warrior 1

- Step right foot forward
- Rotate (or spiral) back heel down
- Reach arms overhead