



# 5 TIPS FOR TEACHING YOGA IN CULTURALLY DIVERSE ENVIRONMENTS

1

Teach your students the concept of grounding in yoga. Grounding creates a sense of calm and feeling of being at home in the body. This is especially beneficial for students who have just relocated.

2

Keep your instructions simple! Focus on basic alignment and body parts. Do not use humor and jargon. Humor may be culturally sensitive.

3

Teach yoga with community in mind. Make sure you know your students' names and your students know each other's names.

4

Explain to your students that it's okay to rest when they need to. The idea of doing something different to the rest of group may be culturally sensitive!

5

Make sure your students have a positive experience. Praise your students sincerely and refrain from correcting their alignment. Corrections may be culturally sensitive.