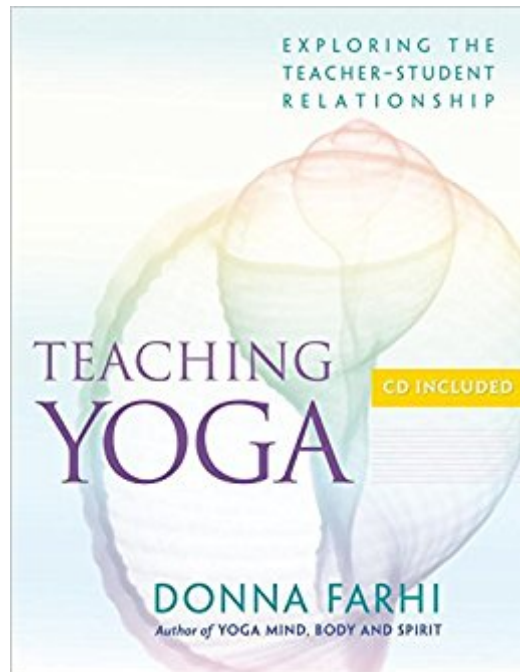




The book was found

Teaching Yoga: Exploring The Teacher-Student Relationship



Synopsis

Drawing on decades of experience in training yoga teachers, Donna Farhi offers the first book to set professional standards for yoga teachers. *Teaching Yoga* explores with depth and compassion a variety of topics both practical and philosophical, including how to create healthy boundaries; the student-teacher relationship (including whether a sexual relationship is acceptable); how to create physical and emotional safety for the student; what is a reasonable class size; how much a class should cost; and how to conduct the business of teaching while upholding the integrity of yoga as a philosophy, a science, and an art. A bonus CD features the author speaking about yoga ethics at a 2002 conference.

Book Information

Paperback: 192 pages

Publisher: Rodmell Press; Pap/Com edition (October 10, 2006)

Language: English

ISBN-10: 1930485174

ISBN-13: 978-1930485174

Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 41 customer reviews

Best Sellers Rank: #54,054 in Books (See Top 100 in Books) #23 in [Books > Education & Teaching > Schools & Teaching > Instruction Methods > Health](#) #35 in [Books > Religion & Spirituality > Religious Studies > Ethics](#) #155 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

Donna Farhi has practiced yoga for twenty-eight years and has taught internationally for over two decades. One of America's most respected and loved yoga teachers, she travels throughout the world leading retreats and training others to teach. Farhi has been an Asana columnist for both *Yoga Journal* and *Yoga International* and is the author of the contemporary classics *The Breathing Book* and *Yoga Mind, Body & Spirit*. Born in America, she now resides in New Zealand.

Donna Farhi has practiced yoga for twenty-eight years and has taught internationally for over two decades. One of America's most respected and loved yoga teachers, she travels throughout the world leading retreats and training others to teach. Farhi has been an Asana columnist for both

Yoga Journal and Yoga International and is the author of the contemporary classics *The Breathing Book* and *Yoga Mind, Body & Spirit*. Born in America, she now resides in New Zealand.

Still reading it, but it is already apparent that this is a very good book that should be read by all.

Farhi is extremely insightful. I continue to go back to this book for teaching and to enhance my personal yoga practice.

Got it for the woman who never followed up but did like the book. She read it a couple of times and commented on how she liked how it was written. A must have if you are looking to teach.

Great information.

Having read 2 of Donna's books already, I've come to deeply appreciate her frank & professional writing style - and this book is no exception. Donna addresses the complex reality of the student-teacher relationships & the lack of stable/established regulations in the Yoga industry. This book was published in 2006 and, sadly, I think we still haven't made much progress in that area. Back to the book! Donna firmly established the need for professionalism on the part of Yoga teachers & reinforces how much power we have to help or harm our students. Mainly geared toward Yoga teachers, I find this book to be quite useful for Yoga students as well, giving them an inside view on what Yoga teachers experience. Even if I hadn't taken a Yoga teacher training program, as a Yoga student of 12 years, I found this book extremely useful from the student angle as well. After a wide overview, Donna delves into the myriad of ethical issues Yoga teachers face on a regular basis, including money, class numbers, certifications, communication with students, boundaries, appropriate wardrobe, & much much more. Last but not least, she also includes some sample ethical situations at the end of the book, giving you an opportunity to brainstorm how to handle these (possible) issues before they present themselves in your own career (& hopefully they never do!). Being a Yoga teacher is a big responsibility on many levels, and Donna's book expressed that beautifully. The book also gives teachers an informed perspective & a useful reference for making sound, ethical decisions through the entirety of their teaching career. This is another one of those books that will have a life-long place on my shelf, re-reading it every so often to reconnect with the complexity (and joy) of being a Yoga teacher. P.S. I have not yet listened to the CD included with this book, but I've heard from other Yoga teachers that the CD alone is worth buying the book.

Since I've already found the book to be wonderfully useful, I am looking forward to hearing the CD :)

The book I received did not have a CD in it!!!

I am a Yoga instructor so of course I would love the book for the insight and reaffirmation of my teaching.

A great book! I love that it comes with a lecture CD

[Download to continue reading...](#)

Teaching Yoga: Exploring the Teacher-Student Relationship Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Teacher Notebook: An Awesome Teacher Is ~ Journal or Planner for Teacher Gift: Great for Teacher Appreciation/Thank You/Retirement/Year End Gift (Inspirational Notebooks for Teachers) (Volume 2) Teacher Notebook: I'm a Teacher ~ Journal or Planner for Teacher Gift: Great for Teacher Appreciation/Thank You/Retirement/Year End Gift (Inspirational Notebooks for Teachers) (Volume 4) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) The Influence of a Great Teacher Can Never Be Erased: Quote Notebook, Journal, Diary ~ Unique Inspirational Gift for Teacher Thank You, End of Year, ... (Best Teacher Ever Notebooks) (Volume 2) Teacher Gift Notebook Inspirational Quote Journal Teachers Change the World: Perfect Teacher Thank You, Appreciation Gift for Year End, Retirement, Gratitude (Teacher Gifts) (Volume 2) Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy Yoga History (Yoga Teacher Training) Yoga's Sacred Texts (Yoga Teacher Training) NYSTCE ATAS Assessment of Teaching Assistant Skills 095: teacher certification exam (XAMonline Teacher Certification Study Guides) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a

Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)