

# Teaching Beginners Quiz

1. What might beginners find new and unusual in their first few classes? Include comments on how students may experience their body and how the brain reacts to new experiences.

2. Aside from their physical fitness, what is a reason that yoga will be more mentally and physically tiring for beginners?

3. Name six general categories of consideration when teaching students who are new to the physical practices of yoga.

4. Give six ways that can you be thoughtful and supportive.

5. Provide four examples of how to teach beginners with particular care.

6. Describe four techniques to promote safety.

7. Provide eight considerations related to sequencing mindfully and simply for beginners.

8. Give seven examples of how to teach clearly.

9. Provide four considerations related to choosing appropriate pose versions.