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# YOGA MAGAZINE™

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KABBALAH: READING BETWEEN THE LINES + WHY CHAIR PILATES + PIP PREGNANCY YOGA + LIFT YOUR FACE + TIPS & RECIPES FOR LATE SUMMER EATING + PATANJALI'S YOGA SUTRAS + TOP HOTEL PICKS FOR WELLNESS RETREATS

# 7 KEYS TO TEACHING YOGA CONFIDENTLY ONLINE

"Believe in yourself! Have faith in your abilities! Without confidence in your own powers you cannot be successful or happy."
**NORMAN VINCENT PEALE**

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**Words: Caroline Shola Arewa**

At the beginning of the pandemic, studios closed everywhere and yoga teachers transferred their teachings online. This was a scary prospect for many teachers; panic, resistance and fear of the unknown was commonplace. So just a few months later, I asked yoga teachers how they were feeling, and the transformation has been phenomenal. They quickly rose to the challenge, doing what was needed online to ensure students would have classes at a time of need. Resistance and obstacles to change fell by the wayside, as yoga teachers everywhere embraced a new way of teaching.

So how was this shift achieved, what are the steps these instructors took to develop confidence when teaching online? After speaking with hundreds of such teachers in specialist groups, and from my own experience, I can now share with you these top seven keys yoga teachers can use, to not only feel confident, but to thrive online.

**CAROLINE SHOLA AREWA**, known as the Energy Doctor, is a leading figure in the worlds of Spirituality and Wellness. She's delivered her award-winning Energy work internationally for over 30 years. Shola is a psychologist and the author of five books, including bestsellers Opening to Spirit and Energy 4 Life. Shola is the founder of Enlightened Entrepreneurs; she trains and mentors Yoga Teachers, Wellness Coaches and Heart centred Entrepreneurs worldwide. Working with Shola leaves you feeling Energised and Empowered.

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# WHAT IS CONFIDENCE?

Believing in yourself and trusting that all is well is often easier said than done. Confidence eludes many of us at different times as we journey through life. However it can be surprisingly easy to make small changes that have a massive impact.

I see confidence as being at home in your own skin. It's not always about getting things right, it's more about staying comfortable anyway! It's a willingness to get things wrong as you grow in experience. Just as a confident parent can apologise to a child or a manager ask for help from the team. A confident yoga teacher can answer a question by saying, "I don't know yet." Confidence is not one size fits all; it shows up in many ways.

Confidence is so valuable and important to us, because we all want to do our best and we want to be seen doing our best. And right now when yoga is needed online, we also want to get it right. This article will help you cultivate confidence online and give you an instant confidence boost.

I consider myself to be fairly confident; my rather shy nature has faded over the years. My work, as a coach, speaker and author has me meeting lots of interesting people. I speak to large audiences all over the world. But like many people there are times when the challenges I set for myself push me to my edge and doubts and fears arise. Doubts play havoc with confidence and fear paralyses. So like many I was very resistant to the idea of offering my work online. I had a string of excuses, until about two years ago, when I finally gave in and slowly started my online confidence journey. I had to slow down, go inside and trust the right energy would start to flow and of course it did. I now teach on line regularly and run four online programs. We all need confidence to succeed. So next time your confidence needs a boost, try following these 7 keys for building confidence.

# TOP SEVEN KEYS TO CONFIDENCE ONLINE

## 1 REMEMBER PEOPLE WANT YOU TO SUCCEED

You are part of the creative universe, just like drops of water make up the ocean. You have the vast power of the universe working through you. Tap into the power of yoga itself to calm you and then radiate the powerful Energy of Love.

## 2 ALWAYS VISUALISE WHAT YOU WANT TO CREATE

Use your minds eye to see yourself successfully teaching your class. Top athletes use this technique all the time. They see themselves winning. Before you start your class visualise the Energy you want to create and see the positive impact of your class on all your students.

## 3 DON'T BE AFRAID TO VOICE YOUR THOUGHTS

Share your intentions and students will support you. When writing my first book, I shared my intentions. People immediately started encouraging me with my book, and all the comments and enthusiasm supported its success. Let people know and welcome the support.

## 4 MAKE IT HAPPEN

Embrace change and leap into the unknown. Don't expect perfection, go for progress instead, and make it happen. Be open to the positive results that change creates.

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## 5

# THINK OF YOGA TEACHERS WHO EXUDE CONFIDENCE

Taking classes online was a popular confidence booster and learning aid for many yoga teachers I spoke with. This helps you get an experience from the other side and clarify what works and what doesn't. Plus it's great to support and learn from other teachers.

## 6

# PREPARE AND REHEARSE, THEN RELEASE AND RELAX

Do all you can to fully prepare for your class. Make a checklist, and tick off the boxes on completion. Ask a good friend to help you rehearse. Do all you can then *let go and relax*. Allow universal energy to flow though you. Releasing and relaxing is an important part of being confident. Classes will shift from stressful to fulfilling.

## 7

# FOCUS ON YOUR STUDENTS

Shift your attention from your own nervousness to thinking about others; you are never the only one feeling awkward. Take time to put your students at ease.

**Additional quick tips that can help you feel calm and confident.**

- Body language is an important part of being confident, so lighten up, smile and have fun.
- Use a couple of drops of lavender oil to relax before starting your class.
- Make sure you have the best equipment – I detailed this in July YM.
- Always remember to breathe and tell yourself 'All is well"

Use these keys, then simply faith it till you make it. You will be surprised just how confident you can be. I wish you every success with all that is changing in your life.

"What a caterpillar calls the end of the world
The rest of the world calls a butterfly"

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