

10 Heart-Mind Tips for Taking Yoga Therapy Online

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When delivering services virtually, whether for individuals or small groups, your mindset matters!

1. Your perception of teaching online, including your attitude toward the technology, affects the client's experience.
2. Your connection to your deeper self and feeling at ease matter to clients.
3. Think about offering your life's purpose, just in a new way.
4. Ask yourself: What are the client's fears, and what do they need from me?
5. Ask yourself: What are the client's values, and what do they need from me?
6. Ask yourself: What are the client's desires, and what do they need from me?
7. Have faith in yourself that you can soothe clients' fears, offer services that meet their values, and help them to meet their desires.
8. Your connection to each client—with your authenticity and your lovely imperfection—is a delight. Allow yourself to be seen without a mask.
9. Remember, this is not about you—it's about them. Don't make it about you.
10. Most people are quite patient in a time of crisis and transition. We are all very tender and vulnerable in these times, too, so be gentle with yourself and others.

