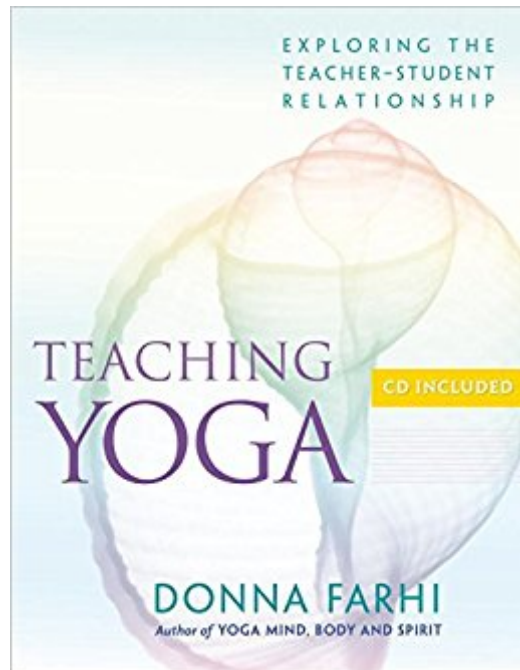




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# Teaching Yoga: Exploring The Teacher-Student Relationship



## 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

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## 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.

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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

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