



Tutorial #3

OVERVIEW OF MEETING

Skills Development & Course Assessment

Good Teaching

A great yoga class provides knowledge of the benefits of yoga.

A good yoga teacher can elicit very hard work, total concentration, and complete relaxation at the same time in their students.

People are good at considering what they should not do or pay attention to.

Yoga has within it the elements of existence that we should focus on.

Teachers should get their students to:

- Not try
- Accept they know nothing
- Learn to listen to nature (the body)
- Warm up the body

Sex emotions and appetite and disease are obstacles.

Bad focus is stress

If you have the wrong posture and incorrect breathing during any given task your body will shut down. Your cerebrum saves you.

If you struggle consistently with negative thinking, you become confused and lack mental clarity and this then can develop into neurosis.

Your ability to remain mentally attentive on one thing is a measure of one's spiritual progress.

Bad focus is stress.

We all want everything. This is normal.

Promise the path to everything through yoga.



Competent Standard to Teach Ryoho

- How to reach the appropriate standard to teach Ryoho Yoga.

Submitting Classes to Facebook

1. Classes should be less than 30 MINUTES in duration.
2. Sometimes they take a while to upload. Best to be on WIFI when you are uploading.
3. Please post two 30 minute classes as soon as you can for our review.
4. Collegiate feedback that is constructive is welcomed for your learning.
5. Feedback can be from fellow-students and Ryoho Graduates who are part of RyohoTraining.com
6. Any questions let us know.

To load up from an IPHONE.

How do I post a video on Facebook?

iPhone App Help ▼

📄 Copy Link

To upload a video:

1. Tap **What's on your mind?** at the top of your News Feed or timeline.
2. Tap  **Photo/Video**.
3. Choose the video you want to share and tap **Done**, or tap  to record a new video and tap **Next**.
4. Tap **Post**.

We'll process your video and let you know when it's ready to see. Your videos will be optimized for the best visual quality when you upload them to Facebook, including HD quality. Keep in mind, the quality depends on your device's network conditions. For the best quality, connect to Wi-Fi or make sure you have a strong cell signal before uploading videos.

If you give Facebook permission to access your device's camera roll, we collect metadata in or about the media (such as the date and time of the content) to enable features like reminding you when you have new photos you can upload.

Technical

To load up from an IPAD.

How do I post a video on Facebook?

iPad App Help ▼

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