

Family AcroYoga teacher training

2022

Online Module 1

Conscious communication

setting boundaries with love



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CONCISE - CLEAR, CONCISE, CLEAR INSTRUCTIONS, 3 MAIN ACTIONS, KEEP LAYERING THE INFORMATION, VERY PRECISELY,

CAREFUL- TAKE CARE, WELCOMING, BUILD UP TRUST WITH LOVING COMMUNICATION, RESPECT A NO,

CONSTRUCTIVE- ALWAYS START WITH THE POSITIVE, OFFER TRICKS AND TIP,

CALM - AWARENESS IS THE BEST TOOL, CALM SURROUNDING, SAFE, MAGIC HAPPENS,

CONSENT - ASK FOR PERMISSION, RESPECTING A NO.

TYPES OF COMMUNICATION

1. VERBAL INSTRUCTIONS - we give clear precise instructions and actions. check in with the students, how does this feel? and we can invite them to check in with each other.
verbal assurance - I have you. Teach them DOWN
2. VISUAL - body language is 60 % of our communication. when we say hollow body, we can show it. connection between words and embodiment is powerful. good trick is to have them imitate us.
3. TACTILE - communication by touch. a soft touch brings awareness into an area. no force, just an invitation.

HOW TO SET BOUNDARIES WITH LOVE

1. CLASS AGREEMENTS - positive sentence - ex. listening when someone is talking - respecting the materials -
2. managing expectation - creating an relaxed atmosphere from the beginning . it is okay not to do an exercise. feel free.
3. DISCOVER THEIR QUALITIES - observe, discover new parts of the kids.
4. SOFT BOUNDARIES - a hand on the shoulder, little humor, pointing to what we want, inner calmness, good to set limits from the beginning.
5. HARD BOUNDARIES - no

PEACE CORNER

- material to draw mandalas
- creative activities
- calming area
- time out

