

## Practitioner Corner:

# Why I love teaching yoga by Barbara Benagh



I was a woefully immature yogi when I taught my first class. Having only practiced yoga for two years I barely knew what I was doing on my own mat much less how to tell others what

to do on theirs! But there I was (chosen by class vote when our teacher moved) and, what I lacked in expertise, I made up for with the devotion I had to the transforming tradition of hatha yoga.

Nearly 35 years after that first class I continue to be in awe of how potent yoga can be as a guide to living on every level and, I continue to teach yoga. I've learned as much as I taught. I've learned that teaching a class is a yoga practice though I rarely do poses while I'm teaching. There is much to learn from just watching how bodies move and respond to teachings. So many teachers! I've learned that I love the way I feel after teaching yoga. My body and mind are clear and calm- I've been doing yoga.

I've learned to cherish the ongoing relationship I have with students. I love watching a student "get" an instruction or having them share an insight that has bubbled up from their practice. I love watching the fire of yoga ignite and take hold in students; a memory of my own experiences all those years ago.

I love being able to share this transformative practice and bring it into the lives of others. I love the constant challenge of refining my skills, of teaching in a way that is inspiring and practical at once and am grateful that so many students resonate with my intuitive approach to the art of yoga.

Most of all, I love that I am glad everyday that yoga found me. My life is informed by yoga in so many ways. And I am thankful to the great teachers who have guided me along the path and hope that my teaching honors the yoga tradition.

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To see details about Barbara's upcoming Yoga Training at Yellow Courtyard's Miami Beach studio, please call 305-695-9380 or visit: [www.alchemicaluniversity.com](http://www.alchemicaluniversity.com).