

*Teaching the quiet end of the **breath***

*The quiet end is where the effect is. Where breath sits in
your class, and where retention doesn't.*

YOGA PROS

*Handout 07 · goes with the Learning Hub article of the same
name*



◆ HANDOUT 07

Inside this handout

A page for planning the breath work in your teaching: what to teach, in what order, and the line you hold on retention.

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◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- When you're planning a term and deciding where breath sits in the hour
- When a student asks why you don't teach the fast breathing they saw online
- After anyone has gone light-headed or had to sit down in your class

◆ THE PRACTICE

A term of breath, step by step

01 Weeks 1–3 • nose and length

Two minutes at the start. Through the nose, exhale a little longer than the inhale, no counting. One instruction: soft.

02 Weeks 4–6 • quieter, not bigger

Same two minutes. Ask for the breath to get smaller and quieter instead of deeper, and watch what changes in the room.

03 Weeks 7–8 • resistance

Ujjayi as mild resistance, not as a sound. If you can hear it from the back, it's gone too far. Alternate nostril here too, slowly, no retention.

04 Weeks 9–10 • both ends

Add three minutes before savasana. By now the room does it without being talked through every breath.

05 The line on retention

Not a group instruction. One to one if at all, progressed over months, and never in or near water.

◆ YOUR PAGE

Write it *down*

Where breath sits in my class, and for how long...

My position on teaching breath retention, in one sentence I'd be happy saying out loud...

Students I need a word with: swimmers, pregnancy, blood pressure, heart, glaucoma, epilepsy, panic...

◆ BEFORE YOU FINISH

- ☐ "Breathe deeply" swapped for "quieter and smaller"
- ☐ Fast breathing taken out of general classes
- ☐ My retention position written down in one sentence
- ☐ Swimmers told never to practise breath-holding in water
- ☐ Class notes match what I actually taught

YOGA PROS

This handout supports the article ‘Teaching the quiet end of the breath’ — part of the Teaching collection on the YogaPros Learning Hub. Adapted from an essay by Brian Cooper, YogaPros co-founder.

RELATED READING ON THE LEARNING HUB

- How to sequence a class that goes somewhere
- When a body in your room needs something different

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapropros.com/learning-hub

This handout supports your teaching, not clinical decisions. Where a student has an injury, a diagnosis, a pregnancy, or anything you are not certain about, the safe move is the one their doctor or physiotherapist agrees with. Check your own cover before you teach it. This guidance is for general awareness and professional orientation. It is not a substitute for professional legal, tax, or insurance advice, or for medical or mental-health care, specific to your individual situation.

