

### Delivering advanced techniques

Now you have worked with and experienced more advanced techniques it is a good time to look at how you feel you will bring these to your students and how the delivery of such techniques will be given in the appropriate way when safe to do so.

Reflecting on how you have experienced for example applying mudra from the Meditation Teacher Training course to now experiencing in more depth the feel and understanding of why, and how this aligns us and our prana. Also what was your experience of this before becoming the teacher.

Delivering Mudras to students is a process that you will work with much from your intuition as to when to introduce them and which ones that resonate with their development.

Mudras help to deepen meditation practice profoundly so it is essential that you have worked with and experienced this for yourself before bringing these to your students.

The same can then be applied when looking at delivering Pranayama sessions, knowing that it is ALL an advanced technique yet beyond that, are also many levels and ways to deliver, and to deepen practice from a very slow introduction initially and working with students to progress and understanding what they achieve by doing so and why you deliver it how you do. Outlining your journey and experiences can be really helpful for when you are ready to deliver your teachings.

Looking at your understanding now of philosophy, wellbeing and by living a yogic lifestyle on many levels will always deepen as our own personal understanding and actions do.

### Ethics

As teachers we occupy a place of honour and so have a responsibility to our students. With humility we offer our own individual voice as part of a lineage of our teachers. Every teacher is also a student. As teachers we seek to inspire and also create boundaries to direct the student's energies.

Creating a connection with students is natural, honourable, and to be expected. In the student-teacher relationship there is a discrepancy of power. If attraction between the teacher and a student occurs, such feelings should not be acted upon immediately. Finding another qualified teacher for a student with whom you feel an intimacy might develop may be the best option to follow.