

Cueing Made Simple

A free little guide for new yoga teachers

Hi love, cueing is one of the things new teachers worry about most and it's totally normal to feel the words get stuck when you're standing in front of a room full of people. These are a few simple things I share with every teacher I train, keep this one close and come back to it whenever you need it.

THE FOUR TYPES OF CUES

Directional: how to get in and out of a pose.

Action: what students do in the pose so it feels stable, rooting, firming, drawing in.

Energetic: the breath and the feeling beyond the shape.

Micro: the final touches, breath, gaze and small refinements.

CUE FROM THE GROUND UP

Start with whatever is touching the mat and build from there. Stability first, then expand.

THREE TO FOUR CUES IS PLENTY

With no cues students feel lost, with too many it becomes noise. Choose the three or four that matter most for that pose.

LET THE PAUSE TEACH

You don't need to fill every moment with words. Give people space to feel the pose, not just follow your voice.

YOUR WORDS MATTER

The words you choose can make everyone feel welcome in the room, or leave someone out. Let your language be part of the experience.

Try this: Record yourself teaching one pose applying the four different types of cues and listen back. Notice your filler words, your rushed moments and where your language gets vague. Self awareness is where we continue to grow as students and teachers. No self judgement, just kind, gentle, loving observation.

If you'd love real feedback on your teaching, **The Teaching Path** is my 8 week live mentorship for new teachers. You'll find all the details at kimberleyutama.yoga/apply.

With love, Kimberley