

The Title: _____

Your Why: “I teach yoga to help everyone find: “_____.”

Theme: Is it a story, myth, or phrase? _____

HOVs: 1 – 3 values/virtues, such as Clarity, Peace, Healing, Empowerment, Self-Acceptance

Anecdote: Use a short Anecdote to say why this subject is interesting to you.

Contemplations: Your private thoughts. How can you grow from this experience?

Golden Nuggets: Create 5 – 7 tidbits to remind your students of the theme during class.

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- _____
- _____

VP: The Value Proposition is why you believe in your *Theme*, and *Your Why*.
If you can find (your *Theme*) then you will find (*Your Why*) in life.

Quotes: Find 1-3 quotes that will delight and inspire your students.

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