



# The Toolbox: Tools for Teaching Bikram Yoga

*Teri Almquist*

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## **The Toolbox: Tools for Teaching Bikram Yoga** Teri Almquist

Teri Almquist has been fortunate to collect great tools for teaching Bikram Yoga. Her goal is to share these tools with every teacher who wants them. Over the last decade Teri has mentored hundreds of Bikram Yoga teachers and answered thousands of their teaching questions. This book was inspired by all of those questions and the teachers who asked them. Teri strongly believes that every student deserves a good teacher and every teacher deserves the opportunity to be a great teacher.

*The Toolbox* covers many different aspects of teaching yoga, including: the Dialogue as a foundation, making effective corrections, using the energy in the room, understanding the postures, helping students with injuries and limitations, and how to mentor other teachers.

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Why? Because this *The Toolbox: Tools for Teaching Bikram Yoga* is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret it inside. Reading this book next to it was fantastic author who all write the book in such incredible way makes the content inside of easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the guide store hurriedly.

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