



# Teaching Yoga: Exploring the Teacher-Student Relationship

*Donna Farhi*

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## **Teaching Yoga: Exploring the Teacher-Student Relationship** Donna Farhi

Drawing on decades of experience in training Yoga teachers, Donna Farhi offers the first book to set professional standards for yoga teachers. *Teaching Yoga* explores with depth and compassion a variety of topics both practical and philosophical, including how to create healthy boundaries; the student-teacher relationship (including whether a sexual relationship is acceptable); how to create physical and emotional safety for the student; what is a reasonable class size; how much a class should cost; and how to conduct the business of teaching while upholding the integrity of Yoga as a philosophy, a science, and an art. A bonus CD features the author speaking about yoga ethics at a 2002 conference.

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