



REWILD YOGA

PRINCIPLES, VALUES, &
MISSION

+ TEACHERS GUIDE

HOW THEY WORK TOGETHER

- Mission is the north star — the ultimate destination.
- Values are the compass — they define what's important along the journey.
- Principles are the map — they give clear, actionable steps for living the values while pursuing the mission.

REWILD MISSION

**Disrupt limiting beliefs. Restoring wholeness.
Building greater relationships.**

CORE PRINCIPLES & VALUES

UNTAME YOURSELF

Take chances. IF you don't have a heart soul, you'll eventually be replaced by A.I. Those with souls, are irreplaceable. NO SCRIPTED WAY OF SPEAKING. BE CURIOUS TO DISCOVER SOMETHING NEW.

CONFRONT

In the sense of teaching, challenge students - be honest, curious and pure in your questioning. Be the student as much as you are the teacher. Don't rely on the script or what you're "supposed to do" Trust your eyes, ears, gut and heart. Most teachers teach from a script because they are scared to look and listen. They don't want to confront situations so they miss opportunities. Their words become scripted and rehearsed and their teachers boring. That is not us!! Don't avoid. FACE WHAT IS IN FRONT OF YOU

RETURN TO YOUR NATURAL STATE

RETURN TO NATURAL STATE | be cool, let go of what doesn't matter or serve a purpose. Forgive because we are not perfect. Remembering you will die gives light to what really matters. BE YOURSELF SO NO PHONY YOGA VOICES.



TEACHER GUIDE



YOUR ENERGY & PRESENCE IS CONTAGIOUS

It's not about the "poses" its not even about the "yoga" whatever our idea of that is. It's about how we relate to ourself (breath, body, thinking self) and others. We use the poses, true north, pillars, and practice as a discipline to broaden and deepen this relationship. These disciplines create and recreate access to unlocking a fresh source of well being and vitality. This can be felt within and without. This energy is contagious in the best way and will naturally flow into the community building a powerful community. As leaders we are responsible for our energy. We are grateful we have a community to hold ourselves to a higher standard, giving us an opportunity to be better leaders. Be the energy you want to be around.

TAKE CARE OF YOUR MENTAL HEALTH is how you help others
mental health.

“when I am not thinking about my self, my mental state is very
healthy”

– said a smart person.

RELIABILITY |

Can we depend on you consistently showing up for class and serving as a leader of the community. Can we rely on you for subbing?

COMMITMENT |

- can we count on you to taking other teachers class? The synergy and union of our community matters. We learn from each other. If you're not practicing how can you grow as a teacher?
- are you interested in running workshops?
- any other interest outside of teaching?
- how many days per week can you commit to?

ENTHUSIASM |

Root of this word is inspired by Greeks as "god's essence". You can fake enthusiasm, but real people can feel that it's not true. When we feel full and free, teaching for others becomes natural. We when are shallow and trapped we do it for ourselves. In this way, the yin and yang of teaching offers us access to new dimensions of ourselves and a new sense of presence, which attracts the youth within.



We value individual personalities (untamed), but more importantly we value truth, integrity and authenticity (confront), and your presence (natural state), which is returned when we are open to new experiences and views. We value the learner, the discover, the truth teller.



THE BASIS OF OUR TEACHING STYLE

THE KNOWN

Understand the purpose of these pillars, sequence, and alignment that is 50% of it. If you understand this well it will give you confidence and trust to listen, give space, and express yourself naturally and confidently. Others will feed off that energy. The known gives us a sense of direction.

- **PILLARS** | gives access to presence
 - Drishti
 - Ujjayi
 - Bandhas (true north)
 - Tapas
 - Vinyasa
- **JOURNEY INTO POWER** | gives direction to practice
 - The energy of what you're aiming to create for your class lives in this athletic sequence. Within those sequences, the poses and pace provides the structure to achieve this goal of creating an empowering practice for your students.
- **TRUE NORTH ALIGNMENT** | gives direction in the pose
 - Know how to cue True North thoroughly and you can cue any pose.

Your understanding the of known, will give you trust to seek the unknown.

THE UNKNOWN

Moment to moment this changes, as does each student and class. When you understand this you will never be bored or jaded from teaching. There's always ignorance in the room, including from ourselves. As a teacher you stay mentally sharp by looking to find it and disrupt it. The more ignorance you find the sharper you get. You can't be afraid to look though. And when you stop looking you become dull, vapid and ironically more ignorant.

1. Look - for the true north alignment. In the body. Look for the drishti in their eyes. Look for the energy of the room. Based on JIP, does the energy of the room match the purpose of our journey? Work towards the connection between students and purpose. Don't be afraid to read the room. This allows your intelligence to work, not just your memory. So you're not just going off the script.
2. Listen - listen for the ujjayi breath of the room. Have you given them enough direction and enough space to keep them in their ujjayi breath? Pay attention to details. The mood will shift moment to moment, so as teachers we must quickly adapt to what's needed, with an understanding of where we want to take them.
3. Teach - teach whatever is missing. Don't just fill the room with words. Teach a specific person but speak to the whole. Maybe sometimes to the individual. But often when speaking to one it resonates with the whole.

Your trust in the unknown, will progress you into new discoveries and realizations of old forgotten truths.

MORE CONCRETE GUIDELINES

We might have a beautiful studio that helps our “vibe” but the vibe is determined by the leaders of our community. Our Reworkers, Rewilders, and our Teachers. When we show up for something beyond ourselves we expand and create a positive impact on others. Many studios creating boundaries and “safe spaces”. We break through boundaries with sincerity, humility and respect generating positive relationships. We don’t exist in isolation, we exist because of those before us and those around us.

Here are some rituals that are non-negotiable rules for teachers in our studio to encourage community.

1.) Every first timers greeted and welcomed with a mini tour of our studio.

2.) Recognizing class milestones of students in front of the room before class. (50 classes, 100 classes, 250 classes, 500 classes, etc. Have fun with it and show respect!

3.) Every class ends with a communal applause. We are celebrating the work we put in for ourselves and each other.

4. Weekly announcements at the end or beginning of class. **
the announcements will be posted in slack.

5.) Make an effort to know and remembers guests names.

There is power in being seen and people won’t listen to you until they realize your care.



TRANSFORMATIONAL VS TRANSACTIONAL

Lastly, we are a studio based on transformation, not transaction. We understand many things are transaction in this world and they certainly have their place.

We believe in creating a space for others and ourselves to transform. Because in that transformation personal freedom is accessed so that real connections are created. You will notice we are not overly dogmatic about the memorization of poses or cues, but we are enthusiastic about transformation and connections. The poses and the practice are disciplines for transformation. The teacher that is available to transform will allow space for the student to transform.





grateful to have your part of this
team