



## Teaching Yoga: Exploring the Teacher-Student Relationship

By Donna Farhi

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

- Sales Rank: #46142 in Books
- Brand: Brand: Rodmell Press
- Published on: 2006-10-10
- Released on: 2006-10-10
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .40" w x 7.00" l,
- Binding: Paperback
- 192 pages

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#### Review

Donna Farhi has practiced yoga for twenty-eight years and has taught internationally for over two decades. One of America's most respected and loved yoga teachers, she travels throughout the world leading retreats and training others to teach. Farhi has been an Asana columnist for both *Yoga Journal* and *Yoga International* and is the author of the contemporary classics *The Breathing Book* and *Yoga Mind, Body & Spirit*. Born in America, she now resides in New Zealand.

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