



# Keeping Your Yoga Teaching Current

## Quick Guide to Directed Muscle Contractions in Yoga

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Module 1, Video 3: <https://vimeo.com/231816371/152ea2dd45>

Module 1, Video 4: <https://vimeo.com/231881730/0f6a5ccd76>

Module 1, Video 5: <https://vimeo.com/231910614/904e143831>

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Module 2, Video 2: <https://vimeo.com/231938789/b22bcd1103>

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Module 2, Video 6: <https://vimeo.com/232083484/8132f72db5>

Module 3, Video 1: <https://vimeo.com/232153969/322dd2ce18>

Module 3, Video 2: <https://vimeo.com/232091157/ecd1a36835>

Module 3, Video 3: <https://vimeo.com/232155289/235140debf>

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Module 4, Video 4: <https://vimeo.com/232174406/dc02260a77>

Module 4, Video 5: <https://vimeo.com/232181679/f055ae6b53>

Module 4, Video 6: <https://vimeo.com/232184044/143c4a53d1>

Module 4, Video 7: <https://vimeo.com/232185070/90b8c8aba4>

Teaching Toolbox Yoga Class 1:

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