

HOW TO ROCK THE STAGE AT A YOGA FESTIVAL

Summer's here and it's time to face the festival crowds. But how do you rock the stage if you're new to yoga festival teaching? *Rosalie e'Silva* has just been through it all

It all started at the Lole White Tour in Paris a few years ago. That was my first taste of just how magical a big yoga event can be.

The energy was electric. Thousands of yogis were gathered together - moving, breathing and flowing as one. It was such a rush. As I drank it all in, I vowed to myself that one day I would hold the space at a big yoga festival.

It seemed like a lofty goal at the time, but that day finally arrived! In May, I led a yoga nidra session at Hong Kong's biggest yoga and wellness festival called IRIS.

After the initial euphoria of finding out I was in the line-up, panic set in. How in the world do you prepare to teach at a yoga festival?! Well, this is how I did it, in three simple steps.

1 Start with the end in mind

Ask yourself how you want students to feel at the end of the session. If someone had to describe your class in a few words, what would you want that to be?

In my case, I wanted all the participants to feel deeply relaxed and centred.

Everything I did had to contribute to creating this feeling - from the way I greeted my students, to the sequence before the yoga nidra session, to my playlist, to my voice, my energy and even my outfit.

It's often the little details and nuances that make the biggest difference. Think about how you will lay out the mats, the

lighting, the whole mood and tone you're creating in the space.

Plan it out in your head and then write it down. It's important to try things out in your body first, so practice your sequence. Refine it and don't be afraid of changing it as you go along. Then practice it again. And again.

2 Visualise the best session

Once all the key elements are in place, it's time to fire up the powers of your mind.

Visualisation is one of the most powerful tools you can use to achieve anything you want, including preparing to teach an awesome class. Your brain cannot tell the difference between what you imagine and what you actually do. So thinking about an action - even while your body is at rest - fires the same neural pathways in your brain as though you are actually doing it.

Here's how to use this to your advantage...

- Sit down and make yourself comfortable. Close your eyes and allow your body and mind to settle.
- Start at the very beginning, see yourself walking into the festival space, prepping the room, greeting everyone as they come in and then actually teaching.
- Make these images as specific and as detailed as you can. See yourself walking around confidently, smiling and connecting with everyone. See yourself

speaking with a strong and clear voice. Hear the loud applause at the end and students giving you positive feedback.

- Visualise all of this from your own perspective, rather than watching it happen from the outside.
- Once you have this clear and detailed visualisation, tap into what it feels like to teach this great class. Allow this good feeling to penetrate every cell in every part of your body.
- Then let it go.

3 Trust

Ultimately you have to let the fear go and just trust.

Trust that you have everything you need to serve all the students present. Remember that it's all about them, and not about you.

Trust that you are teaching there for a reason. What you have to offer is of value. Even if something you say or do touches just one person, that is enough.

Trust in your abilities and your unique talents. There is no one else in the world like you, so you might as well stop comparing yourself to anyone else. I know this can be hard in a festival environment when you're standing alongside some yoga rockstars! But trust that you are a yoga rockstar in your own right and claim that.

Then go out there with a big smile on your face, stand in your power and rock the stage.

And that is exactly what I did! 🙌