



## The Philosophy of Awakened Heart Yoga Teacher Training Open Hands, Open Heart

In yoga, the hands and heart symbolize giving and receiving—the balance of connection, vulnerability, and strength. This image of open hands and an open heart captures the essence of our **Awakened Heart Yoga Teacher Training**, where teaching begins not with mastery but with love.

At the heart of this training is the understanding that yoga is a gift to be shared. Teaching from an open-heart invites authenticity, compassion, and humility into every class you guide. It is the willingness to hold space for others, to honor their journeys, and to lead with vulnerability and grace.

The open hands symbolize our readiness to serve, to offer guidance, and to uplift others. Yet, the journey begins within. Before we can truly guide others, we must nurture ourselves—building a foundation of self-awareness, self-care, and self-compassion. Through this training, you'll learn to embrace your practice as both a sanctuary and a source of strength, preparing you to lead others from a place of abundance rather than depletion.

An open heart is also a courageous heart. It asks us to embrace the unknown, to lean into growth, and to approach challenges with curiosity rather than fear. It reminds us that teaching yoga is not about perfection but about presence—the ability to meet each student, each moment, and each breath with acceptance and care.

Our hands and hearts are our most powerful tools as yoga teachers. Together, they remind us that we are here not just to teach postures but to inspire connection, transformation, and healing—for ourselves and for others.

Let this be your journey of awakening. Let your hands and heart guide the way.