



SCHOOL OF MERRYBODY

10 Yoga Poses to
Explore Before You
Begin Teacher
Training

A guide for the curious. For the ones who feel
the spark toward teaching... even if they don't
feel ready yet.

THE MERRYMAKER SISTERS

You don't need to be perfect to begin.



If you're reading this, you've felt a spark, a little inkling to dive deeper and sign up for yoga teacher training. Maybe you've been practising for a while. Maybe you just started. Maybe you've thought about teaching but keep telling yourself you're not ready.

We want you to know: that feeling is completely normal. And it doesn't mean you should wait.

This guide isn't about ticking boxes or proving you "know enough." It's about getting to know 10 foundational yoga poses from our 108-pose curriculum, not to master them, but to explore them. To notice how they feel in your body. To start seeing yourself not just as a student, but as someone who could guide others, too.

Because here's what we've learned from training hundreds of yoga teachers: the ones who don't feel ready are often the ones who teach with the most heart and compassion.

Always merrymaking,

Emma + Carla

A little reminder: You don't need to do the splits. You don't need to hold a handstand. You don't need to have practised for 10 years. You just need to be willing to show up, for yourself first, and eventually for others.

Mountain Pose

Tadasana



Tadasana looks simple, you're just standing, but it teaches you to stand with intention. It's where you learn to feel the ground beneath you and the space above you. It's where you connect mind, body, breath and find your presence.

HOW TO EXPLORE THIS POSE

- **Stand at the top of your mat** with your feet hip-width apart (or together, if that feels stable). Spread your toes and feel the floor.
- **Soften your knees slightly**, they don't need to be locked. Let your arms rest naturally by your sides, palms facing forward.
- **Lengthen through the crown of your head** as if someone gently lifted you from above. Relax your shoulders away from your ears.
- **Close your eyes if it feels comfortable**. Breathe in and out through the nose. Notice what it feels like to simply stand with awareness.
- **Stay for 5–10 breaths**. There's no rush. Just be here.

CONFIDENCE BOOST

This pose teaches you something every great teacher knows: sometimes the most powerful thing you can do is simply be present. You don't have to perform. You just have to show up.

TEACHING GLIMPSE

In our training, you'll learn how to use Tadasana to set the tone for an entire class, helping students arrive, breathe and feel safe in the room (or on their screen).

Downward-Facing Dog

Adho Mukha Svanasana



Probably the most recognised yoga pose in the world, and one of the most misunderstood. Down Dog isn't about straight legs or flat heels. It's about creating length and space through the entire body.

HOW TO EXPLORE THIS POSE

- **Start on all fours**, hands shoulder-width apart, fingers spread wide. Tuck your toes under.
- **Lift your hips up and back**, creating an inverted V shape. Keep your knees as bent as you need, this is not a hamstring test.
- **Press evenly through both hands**, if needed play around with hand placement to find what feels good for you. Let your head hang naturally.
- **Pedal your feet** a few times, bending one knee then the other, get grounded into the pose. Then find stillness.
- **Hold for 5–8 breaths**. Focus on lengthening your spine rather than straightening your legs.

CONFIDENCE BOOST

Your Down Dog will never look like someone else's, and that's the whole point. As a teacher, you'll guide students to find their version of every pose. Start by finding yours.

TEACHING GLIMPSE

You'll learn how to cue this pose for different bodies, bent knees for tight hamstrings, wider hands for broader shoulders. Great teaching is about offering options, not corrections.

Warrior I

Virabhadrasana I



Warrior I builds strength, stability, and inner confidence. It asks you to plant your feet, lift your heart, and take up space — something many of us are still learning to do off the mat too.

HOW TO EXPLORE THIS POSE

- **From standing, step your left foot back** about a leg-length distance. Angle your back foot out at roughly 45 degrees, it can be less or more angled, whatever works for you!
- **Bend your front knee** toward 90 degrees (or wherever feels strong without strain). Keep the knee tracking over the ankle.
- **Square your hips forward** as best you can, it doesn't need to be perfect. Draw your belly in and up.
- **Reach your arms overhead.** Relax your shoulders down. Lift through the chest.
- **Hold for 5–10 breaths**, feeling rooted through your legs and expansive through your upper body. Repeat on the other side.

CONFIDENCE BOOST

Warrior I is about inner strength, not perfection. If you can stand in this pose and breathe, you already have what it takes to stand in front of a room and teach.

TEACHING GLIMPSE

In our training, you'll explore the energetic qualities of the Warrior poses and how to use language that empowers students, helping them feel strong rather than just look strong.

Tree Pose

Vrksasana



Balance poses can bring up a lot of feelings — frustration, comparison, even laughter. Tree Pose is an amazing teacher in that way. Some days you're steady, some days you wobble. Both are perfectly fine.

HOW TO EXPLORE THIS POSE

- **Stand tall in Tadasana.** Shift your weight into your left foot and feel it grounding down.
- **Lift your right foot** and place the sole against your left inner thigh, calf, or ankle, wherever feels right. Avoid pressing into the knee joint.
- **Press your foot into your leg and your leg into your foot** — that two-way energy is what creates stability.
- **Bring your palms to your heart** or reach them overhead. Fix your gaze on something still in front of you.
- **Hold for 5–8 breaths.** If you wobble, smile. Then try the other side.

CONFIDENCE BOOST

Balance isn't about never falling, it's about what you do when you do. This is true in Tree Pose, in teaching, and in life. Wobbling doesn't mean you're failing. It means you're trying. And this is all you can ever do! Simply show up and try your best.

TEACHING GLIMPSE

You'll learn how to normalise wobbling for your students, creating a class environment where "imperfect" is welcome and safe.

Triangle Pose

Trikonasana



Triangle Pose opens the entire side body, a space many of us rarely stretch in daily life. It asks for both strength and softness, stability and expansion, all at once.

HOW TO EXPLORE THIS POSE

- **Step your feet wide apart**, turn your right foot out to face the short edge of your mat. Align your right heel with the arch of your left foot. Remember, shuffle around to find the right spot for you.
- **Extend your arms out wide** at shoulder height, palms facing down. Feel the length from fingertip to fingertip.
- **Slide your right hip**, reaching your right hand forward and then down towards the floor. Rest it on your shin, ankle, a block, or the floor.
- **Extend your left arm straight up** toward the sky. Gaze up at your top hand, or look straight ahead, whatever suits your neck.
- **Hold for 5–8 breaths**, feeling the long line of energy through both sides of your body. Repeat on the other side.

CONFIDENCE BOOST

There's no "right" depth for this pose. Where your hand lands is not a measure of progress. Let this be a reminder: your yoga journey, and your teaching journey, is about expansion — not achievement.

TEACHING GLIMPSE

You'll learn how to use props creatively (blocks are a teacher's best friend!) and how to cue alignment without making students feel like they're doing it "wrong."

Child's Pose

Balāsana



This is the pose of permission and also courage. Permission to rest. Permission to pause. Permission to take a break when you need one, without judgement or explanation. It's also one of the most important poses you'll ever teach.

HOW TO EXPLORE THIS POSE

- **Kneel on your mat** with your big toes towards one another. Widen your knees as much as feels comfortable, hip-width or wider.
- **Sit your hips back toward your heels** and walk your hands forward, lowering your forehead to the mat (or a cushion).
- **Let your arms rest long in front of you** or bring them back alongside your body, palms up. Choose whatever feels most comfortable.
- **Soften everything.** Your jaw. Your shoulders. Your belly. Let the ground hold you.
- **Stay for as long as you need.** There's no minimum. There's no maximum.

CONFIDENCE BOOST

Knowing when to rest is a sign of wisdom, not weakness. As a teacher, one of the most powerful things you'll say is: "If you need a break, take one. Child's Pose is always here for you."

TEACHING GLIMPSE

In our training, you'll learn how to create a class culture where rest is celebrated, and how to offer Child's Pose as an empowered option, not a consolation prize.

Cobra Pose

Bhujangasana



Cobra is a gentle backbend that opens the chest and the heart space. It's a pose that invites you to lift up, to open up, and to feel a little braver — yes even from the floor, no pretzel pose is needed!

HOW TO EXPLORE THIS POSE

- **Lie face-down on your mat** with your legs extended behind you, tops of the feet pressing gently into the floor.
- **Place your hands under your shoulders**, elbows toward to your ribs, but wider if it feels better for you. Spread your fingers wide.
- **Gently press into your palms** and lift your chest. Keep your elbows bent, this isn't about how high you go.
- **Draw your shoulders back and down**, away from your ears. Let your heart lead. Keep your gaze soft and forward. Option, lift the palms off the ground.
- **Hold for 3–5 breaths**. On each inhale, feel your chest expand. On each exhale, soften deeper into the pose.

CONFIDENCE NUDGE

Heart-opening poses can bring up emotions and that's a beautiful thing. Teaching yoga means holding space for all of it: the strength, the vulnerability, the tears, and the breakthroughs.

TEACHING GLIMPSE

You'll explore the difference between Cobra and Upward Dog, and how to offer clear modifications so every student can find a backbend that feels supportive rather than forced.

Head-to-Knee Pose

Janu Sirsasana



Janu Sirsasana invites you to slow down and turn inward. While it may look like a simple forward fold, it's really about creating space, in the body, in the breath, and in the mind. Think less "achieve the pose" and more "feel into the pose."

HOW TO EXPLORE THIS POSE

- **Sit tall with both legs extended.** Ground through your sit bones and lengthen up through the spine.
- **Bend your right knee** and gently bring the sole of your right foot to the inside of your left thigh. Use a cushion or bolster under the knee if there's any strain. We love props!
- **Inhale, reach both arms overhead,** creating space along the spine. Exhale, hinge forward from the hips.
- **Let your hands rest wherever feels natural** — on the leg, ankle, foot, or the floor. Allow the spine to gently round or keep the back straight.
- **Hold for 5–10 slow breaths.** With each exhale, invite a little more ease rather than pushing for depth. Repeat on the other side.

CONFIDENCE BOOST

Forward folds teach us to be with ourselves. No comparison. No distraction. Just you and your breath. This quality of presence is what will make you a great teacher.

TEACHING GLIMPSE

In our Teacher Training curriculum, you'll also dive deep into yoga philosophy, as the Yoga Asana (the postures) are just a drop of water in the vast ocean of Yoga!

Reclined Bound Angle Pose

Supta Baddha Konasana



This is a pose of surrender. It asks nothing of you except to lie down, open up and breathe. It can help you feel better physically, mentally and emotionally — and it's a favourite in Yin Yoga for good reason.

HOW TO EXPLORE THIS POSE

- **Lie on your back.** Bring the soles of your feet together and let your knees fall gently out to the sides, like a relaxed diamond shape.
- **Support your knees.** If you need, place cushions, rolled blankets, or blocks under each leg so the hips can soften.
- **Let your arms rest where they feel natural** — by your sides, on your belly, or one hand on your heart and one on your belly.
- **Close your eyes and breathe.** In and out through the nose. There's nothing to do and no where to be. Just notice the rise and fall of your breath.
- **Stay for 1–5 minutes,** or longer if it feels supportive. When ready, use your hands to gently guide your knees back together.

CONFIDENCE BOOST

Not every yoga pose needs to be challenging. Sometimes the bravest thing is letting yourself be still. As a teacher, you'll give others permission to do the same, and that's a gift, especially in our go-go-go world.

TEACHING GLIMPSE

You'll explore how each yoga class has a sun section and moon section. This pose falls into the moon section.

Corpse Pose

Savasana



The most important pose of all, and often the hardest. Savasana is where the practice integrates. Where all the movement, breath and awareness you've cultivated settles into your body. It's the reason all Asana exists: to prepare you to be still.

HOW TO EXPLORE THIS POSE

- **Lie flat on your back.** Extend your legs long, feet falling naturally apart. Let your arms rest by your sides, palms facing up or down. Or hands on your belly.
- **Close your eyes.** Release any effort. Let the floor hold you completely.
- **Soften your face,** your jaw, the space between your eyebrows.
- **Let your breath return to its natural rhythm.** You don't need to control it. Just breathe.
- **Stay for 5–10 minutes.** When it's time to come back, wiggle your fingers and toes. Roll to one side. Rise slowly.

CONFIDENCE BOOST

Savasana teaches the ultimate lesson: you are enough, exactly as you are, without doing anything at all. Carry this into your teaching and it will change everything.

TEACHING GLIMPSE

Guiding Savasana well is an art. In our training, you'll develop your own voice for leading meditation and relaxation, the part of teaching that students remember long after the class ends.

If you're curious, perhaps, maybe, you're *ready*.

These 10 poses are just the beginning. In our 200 Hour Yoga Teacher Training, you'll explore all 108 poses of the School of MerryBody — along with yoga philosophy, breathwork, meditation, anatomy, and the confidence to teach.

Whether you want to teach yoga professionally, deepen your personal practice, or simply discover who you are — this training is for you.

You don't need to be the most flexible person in the room.
You just need to be willing to begin.

[JOIN THE WAITLIST](#)

themerrymakersisters.com/yoga-teacher-training