

### Teaching Hints

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1. We need to see, as you filter your teaching through your own brilliance, that you understand the essence of this work. Don't be glib about this. That includes the way you address breathing. At the same time, unless it is done extremely well, we don't want just to see you teach the sequence and structuring.
2. Know in advance what you are going to teach, and be prepared to modify it or drop it to deal with what is happening in the moment.
3. In your 40 minute session, you only have 30 – 35 minutes to teach. One or two ideas clearly developed is enough. You don't need to teach the kitchen sink.
4. Be specific about what the MATERIAL is that you're teaching. Is the material for this advanced group, or is your material for a more beginning group? At the same time, you must still teach this group of people, the people in front of you. Don't ask them to pretend to be someone else.
5. We want to see that you can talk to, relate with, your students. Don't talk at them.
6. We need to hear you. Include us, but don't present to us.
7. Teaching is really as much about presence as anything else. Are you embodying the work, to a degree, that you are asking others to learn. If you go off balance, can you take a breath and find your center again. If you are coming from your neck, can you find the ground, your spine, and support as you communicate with your students.
8. This last one must be balanced against all the others. We want to see you, your essence, as you teach. Don't so conform yourself to our desires that you leave yourself out.

*How to compose a successful critical commentary:*

1. *You should attempt to re-express your target's position so clearly, vividly, and fairly that your target says, "Thanks, I wish I'd thought of putting it that way."*
2. *You should list any points of agreement (especially if they are not matters of general or widespread agreement).*
3. *You should mention anything you have learned from your target.*

*Only then are you permitted to say so much as a word of rebuttal or criticism.*