



# **How to Deliver a Great 'Dharma Talk'**

Online Workshop Workbook

[hari-kirtana.com](http://hari-kirtana.com)



## How to Deliver a Great 'Dharma Talk'

### ONLINE WORKSHOP WORKBOOK

#### How to use this workbook:

Yoga tells us that memories come from impressions on the mind.

Yoga also tells us that the mind is the reservoir of the senses, that all of our senses flow into the mind.

Therefore, the more of our senses we engage when we try to focus on something, the more focused our minds become.

The more focused our minds become, the deeper the impression we make on the mind.

The deeper the impression we make on the mind, the stronger the memory of whatever made the impression will be.

This is why you're far more likely to remember what you'll learn in this workshop if you write it down!

And I mean *write* – not type. All the research shows that the act of writing – putting pen to paper – helps us to remember things.

So to make sure that you remember what you see and hear in this workshop, engage your hands along with your eyes and ears: print this worksheet out (or break out your favorite journal), pick up a pen, and get ready to write.

This will go a long way toward guaranteeing that you'll remember what you'll learn in this workshop and be quickly on your way to consistently offering your students engaging talks that deliver a meaningful message in just a few minutes.

Here we go!

- Hari



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1) My biggest challenge when it comes to speaking about yoga philosophy in my yoga classes and workshops is

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2) In an average yoga class, the maximum amount of time that I have to deliver a great dharma talk to my students is \_\_\_\_\_

3) A short, empathetic, and authentic dharma talk can help me connect with

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_



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4) The structure I can use to deliver great dharma talk in 5 minutes or less is

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5) The element of the structure that everything else revolves around is \_\_\_\_\_

6) The two most important things for me to remember are

1: My authority as a yoga teacher comes from

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2: My authenticity as a yoga teacher comes from

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7) Each part of the structure serves a purpose:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

8) To make this system work, I need to remember that my \_\_\_\_\_ is the hook, that I have to \_\_\_\_\_ appropriately, that I need to \_\_\_\_\_ my talk, and that I should ease into my talk before I \_\_\_\_\_.

9) My main take-away is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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**10)** The 7 strategies that make it easy to read and understand traditional yoga wisdom texts are:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

6: \_\_\_\_\_

7: \_\_\_\_\_