

## **The Courage To Teach**

*~ Camilla Maling*

I used to live opposite an organic store and café. Up two flights of stairs down the back to the right, was a room. Dark wooden floors, red brick walls and a view out over the grungy roofs of Lower Manhattan. A small fee secured this space as my sanctuary for a few hours most days and boy those sessions were full of juicy stuff.

It was in there that I dabbled in choreography, rolled and spiraled to urban soundscapes and drifted for hours in an improvised fashion. I worked through material introduced in dance class and explored the vast undulating landscape of yoga. Sometimes there were tears. Sometimes there was sleep. There were words – spilled and composed. There was movement, over and over again, movement, loads of delicious moving research. Ideas bubbled, got confused and swung back around again. Some faded, some stood their ground. It was fitting then that this potentially charged space was the setting for my first ever yoga class. And in this class I was not the student.

Ahhhh the diarrhea, the nausea that came in waves several days out from class. I can still feel the visceral gymnastics as I sat in the seat of the teacher and waited for the students to arrive.

I know well the space of desire...hankering to share the discoveries and lush conversations. Where you're filled up to the brim and it kind of spills out all over the place. I know not knowing how or even where to start, not to mention that familiar silhouette of fear sat square in front! At first I thought myself lucky to get away without too much mess. But I soon discovered that it's in the mess form congeals. That those many hours of living breathing research in my little New York studio and the many hours now in my Melbourne pad were and are the source. That I and we can cultivate not only the courage to teach, but the substantive material itself, in these intimate sessions spent immersed in the juicy matter of us.

*Come join Olivia and I for a free evening at The Yoga Lab...*

***The Courage To Teach***

***7:30 – 9pm Friday March 13<sup>th</sup>***

*This is part of our Indie TT 2015 Professional Development Series For Yoga Teachers*

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