

Instructional Plan/Goals: Tammy Zee's Yoga School

1. To continue my education in Advanced Anatomy, Physiology and Biomechanics and its relationship to Yoga Poses and share this with my students,
2. To continue to inspire and uplift my yoga students so they can reach their highest potential and goals during this yoga school journey.
3. To continue to spread the importance of all- inclusiveness to be taught in yoga classes and in everyday life.
4. To continue to spread peace and harmony and lead by example to help students feel at ease and happy throughout the yoga training and in life.
5. Continue to be a yoga student and take other instructors classes.
6. Read articles and books on new yoga information.
7. To continue to help my students grow in all the areas of my yoga training especially making yoga accessible to everyone.