

1) How long have you been doing what you do and how did you get to be a yoga teacher?

I'll take you back to the beginning. Growing up I didn't have any tools to regulate my nervous system. I was a hot mess anytime something unexpected happened, and I don't know about you, but with enough time on this planet you realize the unexpected happens *quite often*. I had little ability to handle stress, fear, or any major emotions. I felt disconnected from my body and like a stranger in my own life. As I grew up, this eventually turned into reliance on things, people, and substances outside of myself until I my life melted down around me. I couldn't even look at myself in the mirror anymore. I knew there had to be a different way. I found my way into a recovery program that saved my life. From there I changed almost everything about my life. I suddenly had a lot of time to explore new things, and I desperately needed to keep myself busy. I decided to try yoga because I wanted to be flexible. I believed I wasn't flexible or strong enough to go to an in person class, so at the end of 2017 I started my yoga journey in my bedroom with the guidance of Yoga with Adriene on YouTube. I started to notice the days I practiced yoga I felt significantly better in all aspects compared to the days I didn't practice.

Eventually I found the courage to take classes at my student rec center and I had a teacher that changed my life. I was on fire for my practice. I showed up to class every day at 6am Monday through Friday. The days I went to class, I had **more space** to carry the unexpected stresses that would inevitably arise. I had **serenity** and that was entirely new to me. I had **joy**. I had **acceptance**. I had **faith**. My only intention had been to get flexible, but I found *so much more*. I found **myself**. I found my **center**. I found my **power**. I wanted everyone to find that for themselves. I maintained my personal practice for a few years until friends started asking me to teach them. I wanted to give the gift I had been giving, but I didn't know anything about teaching and to be honest I never thought I would be able to. I saw it this way—my yoga practice had completely altered my life in so many ways that I did not understand how I would ever be enough for someone to trust me with such a significant responsibility. However people kept asking me to teach them, so in 2020 I started my 200 hour Yoga Teacher Training. I started offering donation based classes around St. Petersburg, Florida and worked in a couple of studios. I found a love for taking yoga sessions into places where they normally didn't happen – women's sober living houses, the local yacht club, events, the beach, and even a vibey kava bar that looked like a forest inside. I truly fell in love with teaching when I started working with people one-on-one because we were able to deep dive into their unique goals with their personal practice. I taught private sessions for a year and a half before I decided I wanted to expand my skills and be able to work with clients on an even deeper level, so I applied for a Clinical Yoga Therapy program and got accepted with My Vinyasa Practice.

I will be working on my Yoga Therapy certification for the next two years. While I expand my skills and knowledge, I will continue working with students in 1:1 and group settings.

2) Who are your clients exactly?

I work with people just like you who:

- Want peace to rule their life
- Are ready to do deep transformational work
- Need some guidance and support on their yoga and/or spiritual journey
- Want more confidence in their mind and body

- Are looking for more for personalized support to achieve serenity, mindfulness, balance, strength, toning, flexibility
- Want a deeper and more well rounded understanding of their yoga practice that group classes provide
- Don't want to walk this part of the path alone
- Are ready for profound shifts in their healing
- Are willing to show up for their practice

3) What happens if you haven't yet worked with people like me?

I have worked people of all different ages and abilities who come from all different walks of life. I have taught yoga to a wide variety of students from young entrepreneurs to retired people to marathon runners to someone healing from a TBI (traumatic brain injury). Yoga is for everyBODY. Meditation is for everybody. I have an extensive tool kit to offer you a buffet of physical yoga postures, meditation techniques, breathwork exercises, affirmations and journal exercises for you to discover what works for you on your journey. My programs are not one-size fits all. When we are working on your yoga practice my sessions are designed to be an immersive experimental experience where you can find the tools that meet you where you are at physically, emotionally, and spiritually. In the event that I feel you are coming to me with a situation that is out of my scope of work, I will refer you out to a different care specialist within my referral network of therapists, chiropractors, massage therapists, shamanic healers, past life regression guides, hypnotherapists etc. A diverse care team is essential to well rounded healing and I would love to be on your team, but I also want what is best for you and may make recommendations if I feel my toolkit is limited for your unique needs and goals.

4) How are you different from other yoga teachers?

I believe you are your own guru. I believe in offering you all of the tools I think could work for you and holding space for you to try them out for yourself. I strongly believe in not telling you where you "should" be feeling things in your body. I believe your body and breath are your greatest guides and I am with you for support and extra guidance.

I also strongly believe I am here to help you on this part of your path. I do not believe dependence upon a yoga teacher. You do not need to work with me or follow my teachings for ever. I expect that at some point you will outgrow me.

I also do not believe I am above any of my students. I simply have walked ahead of you on the yogic path and am here to show you the way ahead, but there is nothing special about me that is to ever be idolized or worshipped. I believe we are all spiritual beings having a human experience and I find deep gratitude for every person who allows me to guide them through their practice, no matter how long.

5) What type of personality do you work best with and what is expected of me?

My yoga programs are designed for people who are looking for a guide for this part of their journey and need a little support and direction while they do the work. My clients are open to learning and are motivated to do their part of the work. My clients understand I cannot get results for them on my own and they are ready to do their part in showing up for their own

practice. My clients understand this work is a lot deeper than surface level – getting in shape is a fun benefit of yoga, but we know we are open to transformation that is much more profound. My clients are committed to their own inner journey, to their healing. They do not back down when things get scary or uncomfortable – they are willing to see the work through to self realization.

6) Who is this program NOT going to work?

Please know I'm very selective in who I work with and I cherry-pick my clients, choosing to (gently) turn away people who aren't suited for my programs and won't get the results for which they would have signed up for. (It wouldn't be fair to them.)

My programs are not designed for people in need of serious medical help. If you are dealing with overcoming suicidal ideation, unmanageable PTSD, debilitating panic attacks, or things of this nature, I recommend seeking medical help before starting one of my programs. In some situations where you may be dealing with physical pain I may recommend seeing a doctor or chiropractor before starting a yoga practice with me for your safety.

While inexplicable healing can occur through my yoga teachings, I am not licensed to diagnose or cure any physical, emotional, or mental disorders. If you are dealing with a serious health concern (mental or physical) it is important to have a well rounded care team. I am more than honored to be an integral part of your care team, but understand my trainings and offerings are meant to be soul work. My offerings are also not designed to get or keep any one sober who may be struggling with substance abuse disorder. While many things I teach have helped enhance my own recovery, none of my work is designed to be recovery program by itself.

Along my healing journey I have seen many different professionals and been part of many programs simultaneously to build a well rounded care team and explore all of my options. These include – therapists, yoga teachers, 12 step programs, doctors, chiropractors, life coaches, hypnotherapists, recovery communities, courses, psychiatrists, massage therapists, acupuncturists, and many other specialists.

There is no shame in seeking professional help and I am happy to refer anyone struggling with issues I am not equipped to handle to specialists I know and trust.

7) What exactly is your program and what does it include?

I offer packages of private yoga sessions which consist of the following:

1. **Consultation** First we start by taking a look at your history of injuries, pain, challenges, exercise, and abilities. This helps me start to build a customized physical practice for you. We will also discuss any challenges or limits you are facing as well as your goals for practice which will guide part of the practice including meditation and affirmations.
2. **Guided Practice** I will be guiding you through your sessions to help you find the correct alignment and learn to move with your breath. Practice will always end in Savasana, laying in stillness to allow time for your practice to integrate with your mind, soul, and body. Guided sessions can be in person or virtual depending on your preference and where you live.

3. **Meditation** Practice may start or end with a guided meditation. I will also recommend and/or record specific meditations for you depending on your goals and which package you choose.
4. **Support** One of the main benefits of having a personal yoga instructor is having someone to answer your questions as you deepen your practice. I am here to offer you guidance and support as it relates to your unique yoga journey.
5. **Reccomendations** I often recommend books, guided meditations (not recorded by me), tools (essential oils, props like blocks or bolsters), and at home exercises that will compliment the work we do together.

8) Does this really work?

It works if you work it. My programs are designed to output what you input. If you show up for life, life will show up for you. With the wide range of modifications I can offer in yoga, you will see a difference if you consistently show up for the practice we design for you.

9) What results can I expect?

1. Feel more space and freedom in your body
2. Feel more confidence
3. Feel more peace in your life
4. Improved respiration, energy and vitality
5. Increased flexibility
6. Increased muscle strength and tone
7. Improve your physical balance
8. Improve your emotional balance
9. Reduce stress, anxiety, worry
10. Proactively prevent injuries
11. Improved posture
12. Reduced back pain
13. Ignited mindfulness
14. Deeper connection to self, soul, and purpose
15. Improved relaxation
16. Better sleep
17. Reduced inflammation
18. Boost immunity
19. Enhanced moods and serenity
20. Improved heart health
21. Improved brain function
22. Reduce the effects or chances of burnout

10) Can I contact some of your former clients to see what it's like to work with you?

Yes, please do so! Please go to the Client Testimonials page on my website and read all of them. See which ones you feel drawn to, either because the person has gotten the results you

want, or perhaps because that person is in a similar profession. Then feel free to email or call them and ask what they got from working with me and my programs.

11) How quickly can I expect results?

Results depend on what your specific goals are and if you have had any experience doing this kind of work before. Results also depend on how much energy you dedicate to this work. For clients who show up consistently with dedication and an open mind, they may see some results immediately. Some results take longer. You may feel immediate relief, peace, serenity, confidence, or bliss after a session. Obviously some results will take longer, but clients generally see improved strength, tone, flexibility and balance within the first month or two of practice. Many results will also depend on how and what you practice in between sessions along with how much you put into the assignments that I give you.

12) How can I guarantee myself that I will see results?

Dedicate yourself to the work you show up for. When you show up, bring your whole self – do your best to show up without reservations or distractions just for the time you are practicing with me. Show up consistently – whether you are showing up once a week or every day stay consistent and you will move towards your goals. Stay honest with yourself and listen to your body. You know when you are pushing yourself to your edge, but not past it. You know when you are putting in honest effort. With work like this you get what you give. If you put nothing in, then you will get nothing out. If you put in honest effort, you will be rewarded. In my experience, you don't even need to know all that you are showing up for. I just kept showing up to yoga practice because I thought I wanted to be flexible and what I ended up finding was a profound alteration in my reaction to life, self realization, true serenity, divine connection, and freedom in my body.

13) Will I recover the investment I put into this program?

The work we do here doesn't have a clear ROI the way working with a stock broker or lead generator might. Your investment return depends on your goals. However I like to look at it this way – whether you are experiencing low confidence because you are not happy with your body, back pain because of tight muscles, anxiety because of an overactive nervous system – how much life are you missing out on? Are these issues impacting your ability to show up for your career? Are these issues effecting your ability to manage your finances? Are these issues getting in the way of your relationships? Are these issues impacting your sleep or emotional health? How much have you spent on other “cures” to fix these issues?

18) Do you accept credit cards?

Yes. I accept payment in forms of credit and debit cards that can be made via digital invoices I email to you. I also can accept Zelle, Venmo, and PayPal when needed.

19) OK, I know which program I want. How do we get started?

Our first step together will be a consultation so I can understand your history and goals to start creating your practice plan. You can book your consultation at <https://queenabigaildean.com/yoga-consultation>

20) If I'm not sure I'm ready to get started, how can I sample your work at low cost to see if it's the right solution for me?

I totally get it. You can follow me on instagram to find out about free events, small workshops, and donation based classes. <https://www.instagram.com/queenabigaildean/>
I also have blogs, meditation and other free resources available on my website. Join my email list so we can keep in touch

21) I have a family and a busy life. Although I want to feel better badly, I don't have much time to spare. How much time do I need?

Like I said above, my toolkit can meet you where you are at. Many of my clients only meet with me for 1 hour a week. I recommend practicing some of what we learn together inbetween our sessions and I can give you exercises that will only take 10-15 minutes a day.

22) OK, I'm ready to do this for myself, but I have a couple of additional questions. Can I contact you?

Absolutely. Send me on my [website](#), email me at abigaildbearce@gmail.com, or a dm on instagram. We can also cover all of your questions in your first consultation.

I can't wait to hear from you.

Sending you love.

x

Abigail Dean