Yoga class as I understand it is a form of exercise heavily based on meditation and silence. Considering these facts a lot of the communication that takes place in a yoga class must be non verbal and expressed through facial expressions and body language.

The instructor’s role in the class is to teach students on how to correctly practice yoga. If an instructor were successful in getting his/her point across to the class then the class would appear to be in a relaxed and motionless state, which is the ultimate goal. They would also be actively following the instructions and motions of the teacher. A successful yoga instructor most likely is informed on the subject, while using proper yoga vocabulary and being able to explain these terms to the class. As a yoga instructor you would want your class to be in a relaxed state, if the teacher were leading the class while yelling at the top of his/her lungs as opposed to using a calm relaxed tone then he/she probably wouldn’t receive a positive response from the class. Calm and soothing tones would most likely be used in a yoga class to emphasize the relaxed, meditated state.

If the instructor was not successful in his/her attempt to communicate the proper yoga practices then it would reflect in the non verbal response of the students. They would most likely seem distracted and unfocused, not following instructions or having side conversations. It would also reflect in the class’s ability to imitate proper yoga technique. Personally if I were to take yoga class where the instructor wasn’t doing his/her failed at making any kind of successful yoga lessons I would probably leave and demand a refund.

The elements of speech communication, even in a yoga class, are a part of everyday life. There are many forms of communication from speaking to non verbal forms, as I observed in the yoga class. Being a successful communicator is definitely a learned skill for most and in order to be successful at it things like tone, delivery and the words used all are important factors in being effective an communicator.