



What **Yoga** Taught Me About TDD and the Like

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No TDD

No Refactoring

No Collaboration

No ...

A black and white portrait of Winston Churchill, looking slightly to the left with a serious expression. He is wearing a dark suit jacket, a white shirt, and a dark bow tie with white polka dots. The background is a blurred, paneled wall.

No Sports!



No Yoga!?!?

Goal



Inspiration



One Year



Practice & Small Steps



Examples

ULRIKONHANDS Beiträge

ulrikonhands Bali



A few basic tips

1.202 17 52

ulrikonhands 1) Many have a hard time to walk all the way close to the wall because they lean they're bodies towards the wall as they walk. Fix: as you... me

KARINDIMITROVOVA Beiträge

karindimitrovova



5.130 117

karindimitrovova How does my training currently look like? These are some of the things I have been focusing on the past few weeks ... mehr

MINDSETOFTHEO Beiträge

mindsetoftheo Original-Audio



IF YOU WANT TO DO THIS

13,9 Tsd. 53 204

DAVID_NAMASTEYOGA Beiträge

david_namasteyoga Namaste Yoga Limoilou



Kick to handstand Drills

36,2 Tsd. 711 177

Gefällt lucie.beyer und weiteren Personen

david_namasteyoga You want to master your kick to handstand ? Here's my favorite drills ! Make sure to

WAHDERFUL Beiträge


wahderful Metro Boomin - Superhero (Heroes & Villains)...



Straddle Press

APURVATILWANI Beiträge

apurvatilwani Aloan - Beat of the Black Heart



High Crow

10,8 Tsd. 89 1.854

Reels

PRACTICING



eduardo_orihuela_ orihuela_ Original-Audio

Mehr anzeigen

(Family) Support



Teacher Trainer Coach





How Do Kids Learn?

You must study for exams **otherwise** you will fail the course. **You must** train hard **otherwise** you'll lose the competition. **You must** write clean code **otherwise** maintenance will be a nightmare. **You must** do your homework **otherwise** the teacher will be angry. **You must** warm up before exercise **otherwise** you'll injure yourself. **You must** learn new technologies **otherwise** you'll fall behind. **You must** learn Math **otherwise** you won't get into engineering. **You must** stay hydrated **otherwise** your performance will suffer. **You must** do TDD **otherwise** your code will be riddled with bugs. **You must** read books **otherwise** your vocabulary won't improve. **You must** follow a healthy diet **otherwise** you won't build muscle. **You must** comment your code **otherwise** no one will understand it. **You must** participate in class **otherwise** you'll miss important discussions. **You must** rest between workouts **otherwise** you'll burn out. **You must** refactor regularly **otherwise** your project will

How Do We Teach?

I Do

We Do

You Do



Setbacks



No Perfection Needed



No

Unhealthy

Competition

1

2

3

4

5

6

Don't Over(s)train



Take Your Time. Rest.

We Can Do Anything



One More Thing...



Yoga!