

YOGA TEACHING OPTIONS WORKSHEET

Use this worksheet to identify what kind of yoga teaching options interest you the most.

Drop-in classes in traditional locations (yoga studio, gym, wellness center)

How many classes do you currently teach per week?

How many classes would you like to teach per week?

Which locations would you like to teach your classes at?

Drop-in classes in non-traditional locations (library, office building, retail store, brewery, city park)

Do you currently teach in non-traditional locations? Which ones?

Are you interested in teaching yoga in non-traditional locations?

Which locations would you like to teach at?

What special concerns you might have there?

Yoga series (6-weeks, 8-weeks, 10-weeks, one semester)

Are you planning to teach any yoga series in the near future? Which ones?

Which yoga series are you potentially interested in teaching?

Where would be the best place to offer those series?

One-on-one yoga sessions (in person or online)

How many private yoga sessions do you currently teach per week?

How many private yoga sessions would you like to teach per week?

Where would be the best place to find private yoga clients?

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Seminars and webinars (in person and online)

Are you planning to teach any seminars/webinars in the near future? Which ones?

Which seminars/webinars are you potentially interested in teaching?

How will you promote them?

Audio/ video practices

Do you currently offer any recordings of your practices?

Are you interested in offering recordings of your practices? For what purpose? On which platforms?

Retreats in exotic locations

Are you interested in offering retreats?

How many of your current students would be interested in retreats with you?

Which locations would you take your students to?

Teacher Training Programs

Do you currently run Teacher Training Programs?

Are you interested in offering Teacher Training Programs? Which ones?

How will you promote them?

Will you provide employment assistance to your graduates?
