



The Business + Logistics of Teaching Yoga

Auditioning + teaching in a studio/gym:

- Studio expectations + considerations:
 - > Take classes from the owner/manager/other teachers, is there where you want to take or work, or both?
 - What do you notice about the teaching approach(es), culture of the studio, techniques and practices you do/don't want to do?
 - > When you are considering an audition - do you know what that process is? Consider how 'structured' the studio is, or if that matters to you.
 - > Does the studio environment support your values even if they don't agree or have the same ones - is this important to you?
 - > Does the studio pay you based on headcount (so do you get paid if no one shows up), and are you as the teacher responsible for managing admin while also teaching - what can you / do you want to handle?
- What to consider when scheduling yourself
 - > Travel time, can you teach back-to-backs, can you take class before/after
- Pricing
 - > What is the cost the studio will pay you vs how much time you will be spending in travel / pre and post-class (because you will likely have to be there early and stay a bit late)?
 - > If you are pricing on your own, this varies depending on where you live, what you are offering, travel time and transportation of props

Keep these things current:

- Continuing Education
 - > Most studios will require this, especially if they require you to have a Yoga Alliance (or other accreditation). With Yoga Alliance, you have to have 30 hours of CE per every three years, and 45 hours of teaching per every three years.
- CPR, AED + First Aid certification
 - > <https://nhcps.com/cpr-first-aid-online-certification>
- Insurance
 - > Various providers, but some good ones I've used are BeYogi, Alliant (others on Yoga Alliance website)



LLC vs Sole Proprietorship

- Limited Liability Corporation —> generally if something were to happen, and someone were to seek liability they would only be able to pursue the company, not personally.
- I run a sole-proprietorship —> Don't have to file anything separate from personal taxes, but you don't have liability protection which is why I have insurance.
 - You can use your SSN, rather than an EIN
- Check out [Legal Zoom](#) for more in-depth break-down of business types
- This is a great [comparison tool](#) for business types

Your additional credentialing options:

Yoga Alliance → World-recognized credentialing
yogaalliance.org | yourya.org

- 200 Hour RYT → Registered Yoga Teacher
 - > You can receive this credentialing if you register with Yoga Alliance
- Non-Yoga Alliance: You can title yourself something like:
 - > “200 Hour Certified Yoga Teacher”
 - > “200 Hour Certified Vinyasa Yoga Teacher”

Links on Yoga Alliance website:

[How to register](#)

[FAQs](#) (costs, requirements, etc.)

[Benefits](#)

Please reach out if you have more specific questions that you can't find on Yoga Alliance's website, or questions about your Yoga Abbey certification.