

Yoga Teacher

Yoga teachers teach people about all aspects of yoga – not only how to get into the various physical positions, but also meditation, visualisation, breathing techniques and the general philosophy behind yoga.

The Work

You could be:

- developing lesson plans and yoga programmes
- demonstrating and explaining the benefits of a wide range of different poses or positions
- helping students to get into poses by correcting their position
- explaining how to use yoga props, like blocks and belts, safely and effectively
- adapting yoga programmes or positions to meet the needs of students with specific health issues or conditions
- teaching meditation and relaxation techniques such as visualisation and breathing exercises
- explaining the history and theoretical aspects of yoga
- teaching a specific type or style of yoga such as Hatha or Ashtanga.

Pay

The figures below are only a guide. Actual pay rates may vary, depending on:

- Where you work
- the size of the company or organisation you work for
- the demand of the job

Most yoga teachers are self-employed and usually charge between £15.00 and £30.00 per class, or up to £50 an hour for individual tuition. You may need to pay for the hire of the venue from this, although some teachers have their own studio. Full time yoga teachers can earn between £20,000 and £30,000 a year or more.

Conditions

- You would usually work indoors in a health studio, leisure centre or community hall.
- You might have to supply and carry yoga equipment such as mats and blocks.
- Most yoga teachers work part time – mostly evenings and weekends.
- You might have to work in a number of different locations.

Getting In

- To be a yoga teacher, you must have a recognised yoga teaching qualification.
- [Yoga Scotland](#) is the governing body for yoga in Scotland, as recognised by [sportscotland](#).
- Yoga Scotland offers yoga teacher training on a part basis, consisting of 500 hours training over two years, leading to the Yoga Scotland Teaching Diploma.
- For entry to the teacher training course, you should normally have been practising yoga for a minimum

of two years, and should normally have completed the Yoga Scotland Foundation course.

- Many other qualifications are awarded by private training providers in the UK and by international organisations.
- You will require a satisfactory criminal record check from [Disclosure Scotland](#) to show that you are suitable for this type of work. Contact Disclosure Scotland for details on the type you would need.

What Does It Take

You need to be:

- positive
- passionate about yoga and its benefits
- a good communicator
- tactful and patient
- able to motivate others
- aware of health and safety issues
- mentally and physically fit.

Training

- Yoga teachers must undertake ongoing training, as a condition of maintaining their teaching registration and insurance. Courses could include yoga and the menopause, meditation or baby yoga.
- You can also become a member of the [Register of Exercise Professionals \(REPS\)](#). This allows you to show employers and clients that you meet fitness industry standards of good practice.

Getting On

- Most yoga teachers are self-employed. You could go on to run your own business.
- You could do further training so that you can train as a yoga tutor or yoga therapist.
- You may want to do further study in complementary therapies.

More Information

For more information please see organisation below:

[British Wheel of Yoga](#) (BWY)

Contacts

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

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Statistics

Employment Status : Not available this career.

Past Unemployment - Scotland

No Claimant statistics available for Scotland.

Predicted Employment Statistics : Not available this career.