

Pink Lotus Yoga Professional Yoga and Teacher Training Program
The Business of Yoga and The Ethics of Teaching Yoga

The Business of Yoga

Looking for Teaching Opportunities:

- 1) Network with your YTT faculty and your teacher colleagues.
- 2) Consider a website.
- 3) Get business cards (Vistaprint.com or Adkins in Lakewood, OH)
- 4) Make a profile sheet/resume
- 5) Compile at least two bios for yourself written in first and also third person. (sample below). Listing your YTT school is lineage-honoric
- 6) Write a mission statement. What is your purpose as a teacher? Who do you want to teach?
- 7) Join professional online networking groups (e.g., LinkedIn)
- 8) Join professional online yoga networking groups both local and global
- 9) Locations for yoga are limited only to the amount of floor/ground space a facility has.
- 10) Let your friends and family know you are searching for teaching jobs.
- 11) Get the word out: Amass a list of places where you'd like to teach and reach out by phone or email if you know no one who can connect you.
- 12) Provide a waiver that students sign each time they take a class or have a private session with you (sample below)

When Applying to a Studio:

Especially if it is a large studio and/or a studio that conducts its own YTT, expect an interview and possibly the request that you audition.

R.Y.T. status might be a requirement.

Studios pay by head OR buy class OR via a split (studio/teacher).

When Applying Elsewhere:

If it's a position already in existence, expect contracts.

If it's a position that you are creating, offer to present a contract or to co-write one

Yoga teacher insurance:

You need personal liability insurance when you teach yoga, wherever and how much you teach. Yoga Alliance and *Yoga Journal* are great resources for comparing rates and policies.

Sample Instructor Bio: Sarah Lyon notes her earliest days of practicing yoga were with a mat and Rodney Yee on VHS in her living room. She has journeyed a long way since, becoming a certified yoga teacher through Namaste Yoga's 200-hour teacher training program. Sarah continues to expand her training through workshops with such teachers as Todd Norian, Chad Stose, and Doug Keller. "I am grateful to be able to share the gifts yoga has brought me, and more, through being in the role of teacher. I will be forever grateful to my teachers and to yoga itself."

Independent Contractor Tax Responsibilities:

*You file a **Schedule C** to report income or loss from a business you operate or a profession you practice as a sole proprietor.

*The **W-9**: Anyone who does work for a company but is not an actual employee of that company is required to fill out W-9 federal income tax forms for every company for which they performed non-employee work.

Sample Waiver: In consideration of my participation in the yoga classes and events offered by Pink Lotus Yoga, I hereby for myself, heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against all persons associated with any class, its representatives, successors; and assigns for any and all injuries suffered by me in any said class. I further test and certify that I am physically fit for participation in any above-mentioned class and event and that I have read and understand this waiver. Further, I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Marcia Camino, Merry Desk, L.L.C. dba Pink Lotus Yoga.

Update on Yoga Alliance Changes

- 1) New website.
- 2) New, more rigorous credentialing system for teachers and studios that is called social credentialing based largely on the advent of social media and ratings site help those in search of yoga find teachers and studios they can trust.
- 3) Based on the notion of 'transparency,' teachers applying to be R.Y.T. must share their experiences about the schools they attended, effectively grading the program; this ratings will be visible by all visitors at the YA website.
- 4) Schools receive notice when their teachers seeking R.Y.T. status have applied and graded the program and from their give their permission for YA to register the requesting teachers.

Volunteer your time, but establish limits and keep to them.

Be a connector. Serve your community. Connect people to and within the yoga scene. Practice with other teachers. Collaborate.

Keep learning. Keep practicing. Serve your students well. Believe in abundance.

The Ethics of Teaching Yoga

Keep the ten yamas and niyamas in mind.

Be honest. Be authentic. Teach what you know.

Be professional.

Start and end on time.

Do not engage in inappropriate activities with your students.

Know your role in TLC (teach, lead, coach). All bear great responsibility.

Get as much teaching experience as you have time for.

Question what is right for you, including the teaching roles you are offered.

Continue your education (stay tuned for word of PLY's 300-hour YTT program)

Take pressure off yourself: Remember that yoga is innately transformational; your role is to facilitate the process for your students.