

Are You Ready to Make a Difference and Make a Living Teaching Yoga?

1. What is your relationship to yoga?

- a. I'm new to yoga, not sure.
- b. I like it, it's a good workout and good for stress.
- c. I plan to be or am certified to teach yoga.
- d. I've been teaching yoga for a while, I can't imagine doing anything else.

2. How much do you know about yoga philosophy?

- a. Nothing.
- b. A little, do you mean meditation?
- c. I learned about the Yoga Sutra in my YTT program.
- d. Enough to study it on my own and try to incorporate it into my life and teaching.

3. How interested are you in the philosophy and psychology of yoga?

- a. Nada, I just like to sweat when I exercise.
- b. There is psychology in yoga? Who knew!
- c. I'm definitely interested, but don't know how to learn more.
- d. Very interested. It's so fascinating to me!

4. If you are teaching yoga, how many group classes do you teach a week?

- a. 0-2
- b. 3-5
- c. 6-9
- d. 10 or more

5. How many locations do you teach group yoga classes in?

- a. 0-1
- b. 2-3
- c. 3-4
- d. 5 or more

- 6. What is the average amount you make per group yoga class you teach?**
- a. \$75 or more
 - b. \$50-75
 - c. \$25-50
 - d. \$25 or less
- 7. How often does someone share something personal with you, and you wish you had more tools to help them?**
- a. I already have all the tools I need to help people.
 - b. This never happens to me.
 - c. This happens on occasion.
 - d. This happens regularly.
- 8. How important is being able to help yoga students on all levels of their being to you?**
- a. What do you mean "all levels of their being?"
 - b. I teach physical yoga, I'm not that interested in anything psycho-spiritual.
 - c. I know it's important, but I don't really know how to do it.
 - d. It very important to me to help people on all levels of their being.
- 9. How interested are you in working with people privately if you had the teaching, coaching and business tools to do it?**
- a. Not at all interested
 - b. Somewhat interested
 - c. Very interested
 - d. I'm already doing private yoga sessions and love it!
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If you answered mostly C & D, then the book, *Make a Difference & Make a Living Teaching Yoga* is definitely for you. We also suggest that you go through the Yoga Mindset Coaching training programs to ensure you succeed!