

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.
- c. I just got 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 about the breath?
- 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. I just teach yoga for a little extra cash.
 - b. I only care about physical fitness, I'm not interested in anything psycho-spiritual.
 - c. It's important, but I don't really know how.
 - 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 also do the Yoga Mindset Coaching training programs to quickly learn how to teach fewer group classes and double your income doing private yoga and coaching sessions now.