

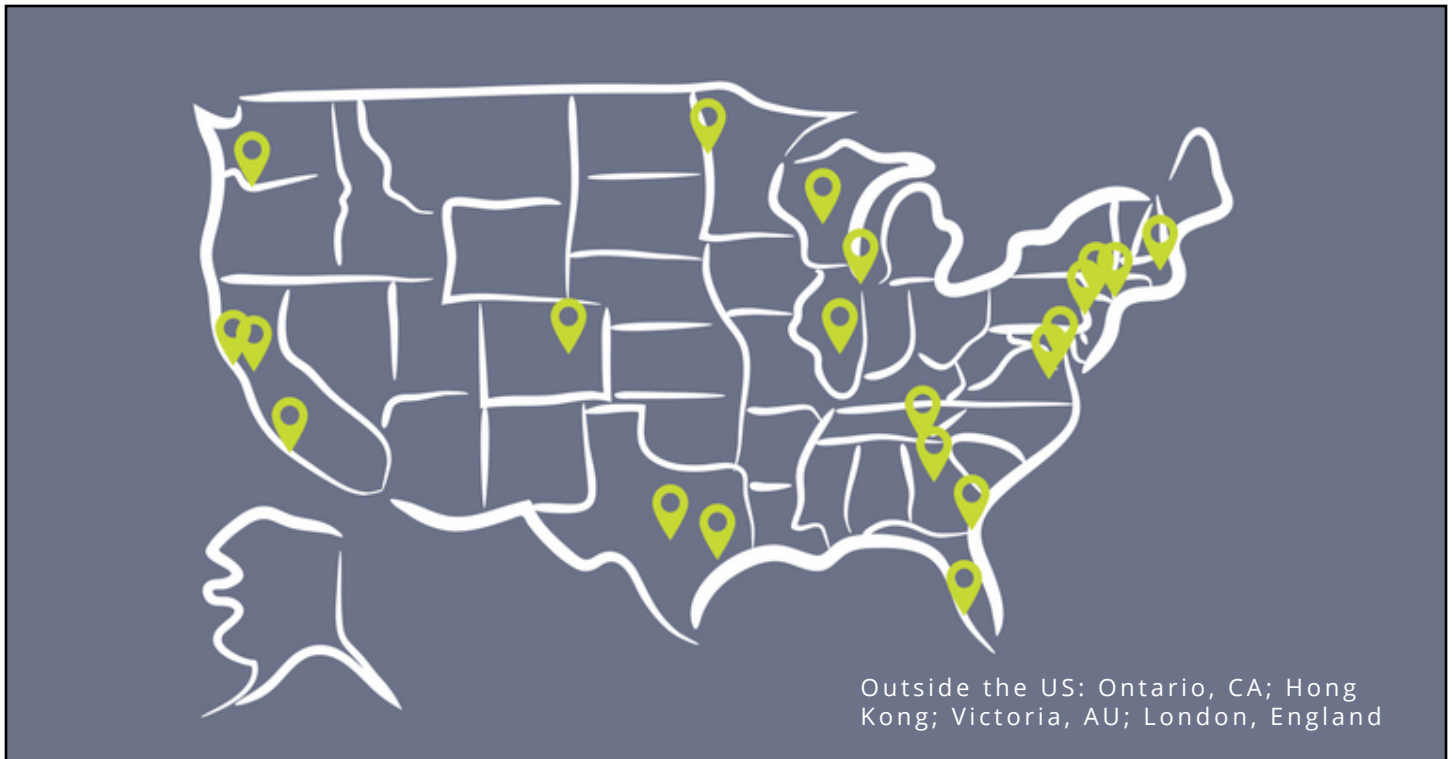


The State of Teaching
Yoga Full Time

2018 Report

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THE TEACHERS

It was never my intention to interview the “celebrity” yoga teacher for this project because I feared their data would skew the results. Considering the long-shot chances of landing endorsement deals and book advances, I sought out “local” yoga teachers in various yoga communities. Of the 53 interviewees, I did end up interviewing about 5 teachers who are a little more well-known. Even so, their answers weren’t all that different from the 48 other teachers who don’t have fame on their side.

What inspired me most about this project was the teachers in small(er)

towns across the US holding down the yoga fort. While it’s no doubt easier to make a living teaching yoga in a major city simply due to population density and access to wealth, some of the most inspiring teachers are the ones in Moorehead, MN (a suburb of Fargo, ND!), southern IL, Chattanooga, TN, and the other towns, no matter the size, that on their surface seem like the least likely place to find a thriving yoga community. Not only is it inspiring to know that these teachers are sharing yoga to diverse populations, but also that they are making a go at it to do this full-time.

The Washington, DC. metro area is overly represented in this report simply because this is the community I am in and most plugged into.

At first, my goal was to interview 100 full-time yoga teachers. It was easy to find teachers to interview at first but it increasingly became harder and harder to manage logistically on top of a full-time teaching schedule and, you know, life.

I wasn't sure if I would even find 100 full-time yoga teachers that would meet my criteria (70%+ of your income comes from teaching yoga or yoga-related activities and you do not own a studio). Even though I didn't get to interview 100 teachers, I now know we're out there hustling away making a living.

Take Action

Interested in adding your voice to this project? If you are a full-time yoga teacher who makes 70%+ of your income from teaching yoga or yoga-teaching related activities (like teacher training or managing a studio) AND you do not OWN a yoga studio, I want to hear from you!

Take the survey and answer the very same questions I asked the teachers I interviewed for this project based on your own personal experiences. I'd love to gather more data!



**Click here to
Take the survey!**

What full-time Yoga Teachers do



What does it mean to be a full-time yoga teacher? Here's the types of activities the teachers I interviewed fill their schedules with:

- Studio classes
- Private sessions
- Teacher Training
- Retreats
- Workshops
- Managerial or Director roles within studio organizations
- Writing curriculum
- Online courses and memberships
- Corporate clients
- Program facilitator
- Events
- Kids classes
- Mentoring/Coaching
- Planning on opening a studio
- Festivals

Teachers teach in studios, home studios, health clubs, corporations,

community centers, schools, hospitals, doctor's offices, physical therapy offices, prisons, rehab centers, senior centers, online, gyms, universities, country clubs, karate and dance studios, the YMCA, childhood development centers, clothing boutiques, and anywhere they can find an open space and willing students. The only true limitation here is your imagination.

FINANCIAL INDEPENDENCE

32% of teachers interviewed consider themselves financially independent

I found this particular question to be quite intriguing. Often, it seems that many people are only able to teach yoga because they have a partner with a full-time job and benefits or they have another full-time job themselves with access to benefits.

Answers to this question went one of 3 ways:

- "Oh my gosh, no, if I didn't have help I'd never be able to do this."
- "Well, no, I'm not the primary breadwinner, but I would say I contribute meaningfully to my family's financial situation."
- "I'm the only one in my family so I don't have a choice."

I was proud that so many people I interviewed are able to support themselves on their income teaching yoga. Of course, everyone has a different standard of living and expectations, which affects how this question gets answered.

Another interesting observation I have been thinking about is how many yoga teachers have small children.

Only 18% of the interviewees from this project had children and only two of the 53 teachers interviewed had young children. Many of the interviewees with kids had adult children or children who were old enough to take care of themselves.

This poses an interesting challenge for younger teachers. If as an industry we begin to promote the efficacy of teaching yoga full time, it's natural that young people will consider teaching yoga as a career choice earlier in their lives.

Currently, strictly based on my own observations and experiences, it seems younger teachers are able to support themselves in their 20s and early 30s but then have to make a choice when deciding whether or not they want to have a family. The type of schedule that teaching yoga full time requires is near impossible to sustain with young

children without substantial help from a partner, family member, or community. It's often true that a yoga teacher would pay more for child-care in an hour than he or she would make teaching one yoga class.

Even when you look to some of the "celebrity" yoga teachers out there, very few have children. Was this a conscious choice? Could this be an unconscious model being set as a prerequisite for success teaching

yoga full-time?

Interestingly, it appears to be easier to be a studio owner and have a family than to be an independent teacher with a family. This is again simply an observation based on my own experiences with many studio owners with whom I've met and worked for across the country.

Take Action

Get your finances in check. Do you have a system for tracking your income and budget for your business? Take some time to familiarize yourself and experiment with systems that can help you become better organized with your finances. As much as we may not like numbers, they don't lie. Just as we would explore movement to get to the root of a physical pain in our body, knowing our numbers gives us an accurate measurement for the state of our business' financial well-being.

Practice & Teaching Time

17 Average amount of years teachers interviewed have been practicing yoga

9 Average amount of years teachers interviewed have been teaching yoga

5 Average amount of years teachers interviewed have been teaching yoga full time

In total, the teachers interviewed for this project have been **practicing** for a combined 771 years!

For all the critiques out there on the lack of yoga experience many new 200-hour trainees have before signing up, it appears that those who go on to become full-time yoga teachers and last have very strong personal practices that have continued for decades. This isn't surprising at all since a strong personal practice is basically a prerequisite for being a good teacher.

Combined, the teachers interviewed for this project have **taught** yoga for over 451 years!

This number surprised me a little. As an average it takes into account the senior teachers who have been

teaching for 25+ years and also the people I talked to who aren't even a year out of training. But 9 years is a long time to teach yoga! Just think of all the changes that have happened in the yoga industry over the last 10 years. Keep in mind, this number does not represent how many years teachers have been teaching yoga full time.

Combined, the teachers interviewed for this project have been **teaching yoga full-time** for 269 years!

Teaching yoga full time is a relatively new idea as a career, especially if you are not a studio owner.

Historically, yoga teachers who loved teaching opened studios as a way to get more experience teaching. There simply weren't enough

studios or time slots available to teach full time unless you owned your own place. Today, especially in A markets, it is very possible to teach 25 classes a week between a few studios and gyms, book workshops around town and teach privates here and there without ever having to sign a lease for physical space. Plus, the advent of teach-

ing online has made the barrier to entry low for all teachers to start making income regardless of the old constraints of time and place (or experience).

Some yoga career thoughts and advice from the yogis and yoginis I interviewed:

"I've always found it really interesting that people from the outside looking in at a yoga teacher's life sometimes think you have this charmed life and all our time is our own and we're running around drinking green smoothies and going to drum circles and chatting but it takes a lot of work to be your own business and it's not for everybody. You really have to know in your bones that this is what you should be doing full time in order to do it."

"Self-examination is so important as a tenet of yoga and it's also important that we actually apply it in our careers and be okay with whatever comes up. Consistently ask yourself: 'Do I genuinely like doing what I'm doing?' It's okay if the answer is no. There are other ways to use what you're learning through yoga in other careers."

"What can make or break a full-time yoga teacher is the support you surround yourself with."

"Being a full-time teacher is holding me back from living a balanced life. I don't want to build this career and have everything I want and be unfulfilled."



Time spent on and in the business

||

Average number of classes taught each week

42

Average hours worked each week

Combined, the teachers interviewed teach over 544 classes a week. This includes group classes at public studios, home studios, gyms, hospitals, corporate classes, private sessions, small groups, and more.

Five of the teachers interviewed teach 0 weekly classes and instead rely on income from online programs, workshops, retreats or other innovative ways to make money outside the class model. The most classes taught per week by any one teacher was 24.

The answer to this question often varied as many teachers were unable to give a definitive weekly number because of so much variability in their schedule when they took into account subbing, cancellations, seasonal changes, client attrition, etc.

Even so, the teachers interviewed estimate they work almost 2,000 hours a week combined.

This question - "How many hours do you work a week," was a funny one to ask. Almost everyone had an immediate response that went something like "Too many." A few people refused to give concrete numbers because they insisted they work every waking hour of their day, 7 days a week. Only a couple people felt like they don't work that much.

It was interesting to hear most people have an initial response of surprise and exasperation at working too much and then decide they work 20 or 25 hours a week. No matter whether the person was working 80 hours a week or 20, for the most part they all felt like they were working too much.

This disconnect speaks to the importance of mindset when it comes to being a successful full-time yoga teacher. Often, those who didn't really need the income from their teaching to support themselves or their families found themselves working less hours per week, while those who really view teaching as a business and believe in working

the business or just really need the money to support themselves and their family work more. And, just because you work less doesn't necessarily mean you aren't successful. That all depends on how you define success.

Take Action

What is your definition of success? What does your yoga teaching career need to look like for you to finally be able to say you are succeeding? You may consider financials, but you might also think about your level of impact, who you're serving, how much you're teaching, or how much balance you're able to create between your life and your business. Be as specific as you can be so that you can easily measure whether or not you are meeting your goals.

Biggest Challenges



I asked this question wondering if I would find any patterns. Are there universal challenges yoga teachers face and if so, are there universal solutions or ways we can support one another? While there are similar challenges across the board, the solutions were always personal and unique to the individual. Just like the practice of yoga!

Interestingly most of the challenges fell outside the scope of yoga teaching and encompassed other adult life-skills that stump the everyday working adult. In this way, teaching yoga doesn't pose challenges all that different from the ones anybody else experiences in their career.

25% of respondents are challenged

by financial planning and abundance, especially as it pertains to consistency in finances. This wasn't entirely surprising, especially when you look at the breakdown of how much the full-time yoga teachers make based on this survey. I'm all for more energy being spent on educating yoga teachers on financial wellbeing!

15% of respondents are challenged by setting boundaries, knowing when to stop working, when to say no, or how to find work/life balance.

13% of respondents are challenged by self-care and keeping up with a personal practice. This may be the one area that is particularly unique to the profession of yoga as

it requires that we both maintain our own practice as well as teach others. I thought it wise when interviewees included personal practice time in the amount of hours they work each week.

11% of respondents are challenged by time management, especially when it comes to managing travel between clients or studios.

9% are challenged by marketing and filling classes.

7% are challenged by trying to wear all the hats as a small business

owner and entrepreneur.

7% are challenged by balancing what the students and studios want and what a teacher feels inspired to share.

5% are challenged by exhaustion.

3% are challenged by nothing. Good on you if you have no challenges in your business. But really, one of the above probably has challenged you in the past or will challenge you in the future.

Take Action

What is your biggest challenge as a full-time yoga teacher? Take a moment to journal this one out and then send me an email and let me know! I'd love to hear from you.

Send me your biggest challenges at ashley@ashleyjosephine.com.

Support in the Yoga Community

"What can make or break a full-time yoga teacher is the support you surround yourself with."

-Jafar Alexander

This was an interesting question to ask that was suggested to me by one of the earliest interviewees. I asked this question broadly, and when people weren't sure how to answer I would clarify by adding "Do you feel supported by the yoga community?"

The most interesting part about this question was the amount of people who weren't sure how to answer or who felt like they needed to justify their answer somehow.

It appeared that most people did not feel all that supported based on my recollection of the collective conversations, but when going back and tallying up the results, 28% felt very supported, the highest number in any one category of responses.

Another 20% gave a "yes and no" response before explaining why they do feel supported by their students and communities but less supported by studio management or the yoga community as a whole.

Sixteen percent of respondents feel very supported in super niche, small communities or feel like they have a lot of support from select hand-picked colleagues, but otherwise don't feel supported by the community at large.

Twenty percent of respondents expressed flat-out they had very little or no support and often feel isolated where they teach. Commonly this was phrased as "I have no support in my local community."

Interestingly, 12% of respondents did say they felt very supported by online communities such as Facebook groups for teachers, Instagram, and other online forums or communities they are a part of.

Finally, 4% of respondents said they don't feel like they fit in with the yoga community at large, or anywhere, so they don't know where to go for support.

A snapshot of some of the responses:

"Sometimes I feel like I'm judged a little for being different. I've just been doing it so long that I'm pretty tough and okay with being different."

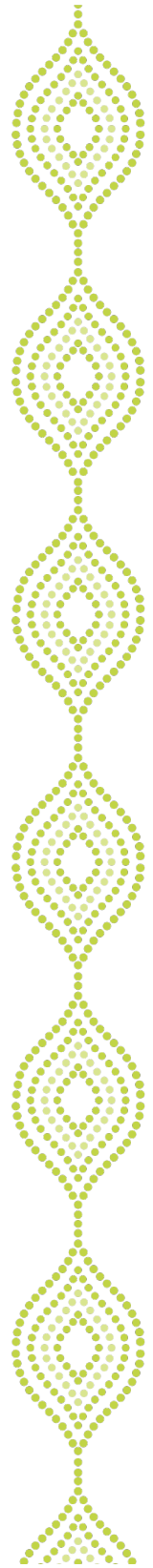
"There is definitely more support at one of the locations I teach than the others. I'm sure there is more support out there I just have a problem asking for help and reaching out."

"No, I don't feel supported, but I don't think that's reflective of the yoga community. I just think that's me."

"One of my biggest lessons of being a yoga teacher the past couple years has been the competitive, not cooperative, nature of other yoga teachers."

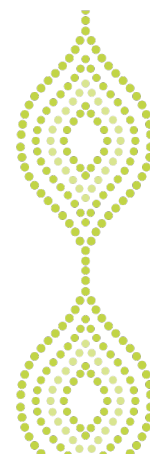
"I think that it's really easy as a yoga teacher to feel unsupported -- to feel like you're floundering because there is not a super solid place to land in any of it. As soon as you feel like something is solid you realize it's not. The nature of our work is this groundlessness."

"I feel supported by my yoga community. The caveat is that there are a lot of things, not necessarily people, that I don't resonate with and that I don't feel speak to what it is that I'm focused on. I don't resonate with glossy Instagram photos. I don't resonate with teachers trying to win the popularity contest. And I understand that's a way to survive, but whenever it asks us to compromise our integrity and authenticity I don't resonate with that. That's part of yoga finding its own evolution in the modern Western society that is based in commodities and individualism and that's not what yoga is. There is a square peg in a round hole thing happening here. We're witnessing yoga's evolution right now. Is it going to be fitness based or income-based or gender-based or race-based? We're seeing some of the growing pains."



"Sometimes I think I don't have time to form other relationships because I'm too busy working. But, if you're feeling lonely and isolated it's because you haven't reached out. There's a really nice community out there, you just have to make the effort."

"I still wish there is a way that we came together more as teachers. I wish there was more of a place where we all came together and helped and supported each other together, not just socially."



This particular piece of any person's career is a major contributing factor to sustainable success. Without support it can feel discouraging and challenging to grow and prosper as a yoga teacher.

Many people feel discouraged and disappointed by what they perceive to be competitiveness in the yoga industry. Respondents also expressed feeling divisiveness between communities of studios, lineages, and styles of teaching.

Beyond support from the yoga community, the support structures people establish for themselves at home through loved ones, family, and friends is equally important. Although I didn't dive into this aspect of support specifically, the lack of support teachers spoke to really concentrated around professional development.

More than anything else, yoga teachers are looking for support, mentorship, collaboration, and encouragement from their peers and

networks. It also seems the more successful you become, the more likely you are to feel isolated from the yoga community as a whole.

Very few teachers ever mentioned going back to their teachers for support and mentorship when dealing with difficult clients, business conundrums, or technical teaching questions.

Tapping into niche communities is a saving grace for many, as are the online communities that are moderated to screen out negativity and inappropriate behavior. Most often it feels safest to contribute and share in an environment full of like-minded souls. However, this poses the risk of becoming ill-informed of other perspectives and inadvertently promoting exclusivity in yoga culture.

In-person, one-one mentorship is harder to come by these days. Long gone are the "guru" days when teachers relied on the teachings and leadership of one teacher

to help them navigate their next move on the path of yoga. This may also help explain why when we feel burnt out as teachers, we seek

more trainings. Trainings = new connections, new inspiration, and new hope.

Take Action

If you're looking for teacher support, consider joining any of these Facebook groups:

1. [The Yoga Life](#)
2. [Yoga and Movement Research Community](#)
3. [Yoga Therapy](#)
4. [Elevate: Support+Strategy for Yoga Teachers with Francesca Cervero](#)
5. [The Connected Yoga Teacher Group](#)

There are also many locally-based groups for your area if you live in or near a major metropolitan city as well as practice-specific groups if you belong to a specific community.

Burnout

This leads me to the last anecdotal interview question I asked.

Almost every single teacher admitted to feeling burnt-out at some point in his or her teaching career. The most popular ideas for overcoming burnout included rededicating time to study and personal practice.

There was also an understanding of

burnout as part of the job description -- that it's inevitable.

Even though "marketing" was not the number one challenge of being a full-time yoga teacher, it did seem to be the #1 contributing reason for teacher burnout.

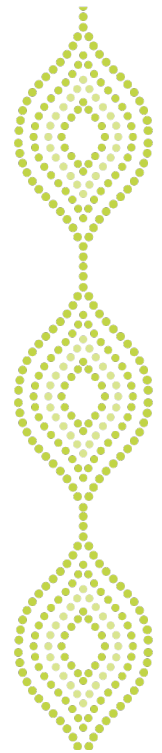
From the interviewee's:

"Because you're self-employed there is always something to do and always something more you could be doing."

"I don't feel burnt out by the teaching. It's everything else that goes into being a full-time yoga teacher and making a sustainable full-time income."

"There are days when I think if I have to try and figure out how I'm going to market what I do I'm going to blow someone's brains out."

"I got burnt-out when I put a lot of pressure on myself to be what other people really wanted me to be and I wasn't listening to what I really wanted to be teaching."



Other ideas for overcoming burn-out or ensuring a more sustainable pace included:

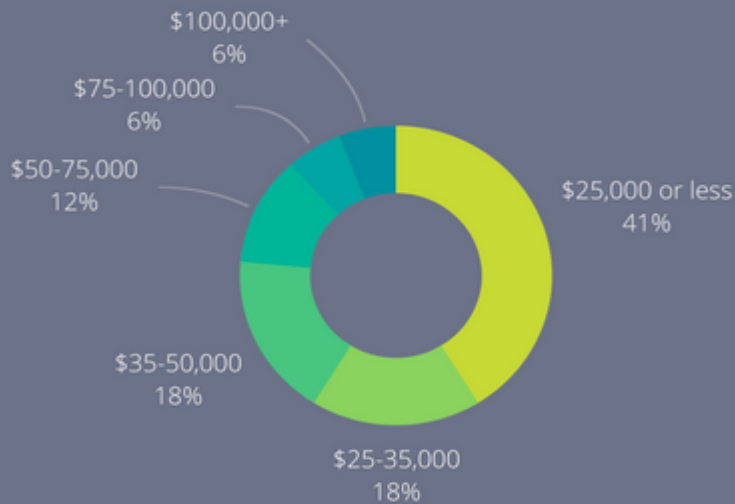
- Keep a paper calendar so that you can physically see when your schedule is getting too busy
- Set maximums for how many types of classes you can teach in one day or week
- Have full days off with no teaching
- Every few months take a mini-vacation and get subs for classes, even if you have nowhere to be or go
- Be really mindful about what you say yes to and learn how to say no
- Vary the types of classes you teach
- Schedule your classes in sessions so you have built-in time of
- Spend all your time getting good at one thing rather than spreading yourself too thin
- Change your schedule
- Stop talking about yoga and stop doing yoga. Change your environment for a bit.
- Take group classes again for new inspiration

Take Action

Choose one of the self-care strategies above and implement it now to help prevent future burn-out. Be intentional about creating space in your life to not work, even if you're not at the point yet in your teaching career where you consider your schedule to be full. If you start your career from a place of respect for yourself, you'll be able to grow more sustainably for the future.

Money

AVERAGE ANNUAL INCOME



This is the million dollar question, in my opinion, and admittedly one of my main reasons for embarking upon this project. How much money can you actually make being a full-time yoga teacher? Was I on track, ahead of the game, or horrible at yoga entrepreneurship? Were my struggles unique or totally the norm?

Was my outrage at the Well + Good article claiming you can make \$400,000+ as a yoga teacher justified? Was CNNMoney right on track estimating the average salary of a yoga teacher at around \$60,000? My gut told me these numbers weren't

right, but I had no way of knowing for sure unless I asked around.

After finishing my interviews, I whipped up a super simple, 1-question, anonymous survey that I sent out to every teacher I interviewed in one mass email. There was no way for me to tell who makes what, which made most people more comfortable answering this question.

Money is a trigger for many of us, especially in the yoga community. It is for me. And even without money being a "thing," each person has his or her own lifestyle needs that require different budgets to "sur-

vive.”

With that said, it shouldn't be our goal in life, or in our yoga teaching career, to just survive. If your only wish is to teach yoga full-time and be able to pay your bills, you are selling yourself short. We should

absolutely be able to thrive as yoga teachers. What that means to you is up to you. Just be clear about what you need and know that you can make it happen.

Take Action

What's your number? What do you need to survive? And what do you need to thrive? It's this second part that is most important to consider when designing and running your yoga business. You're less likely to make it in the long-run if you only make enough money to pay your rent and buy food. You deserve a retirement savings plan. You deserve to be able to put your kids through college. You deserve to be able to take a vacation once in a while. And you deserve to not have to worry about your car breaking down on your way to class and not being able to pay for the repairs or your computer crashing and not being able to afford a new one. Plan to thrive, not just to survive!

Advice from the Pros

Resoundingly, the advice from the pros about teaching yoga full time was, "Don't do it." :)

And if you are going to do it anyway, most people want you to know you're not going to make a whole

lot of money. As long as you're clear on that point, carry on.

Here's a sampling of the best advice and sound-bites from my conversations:

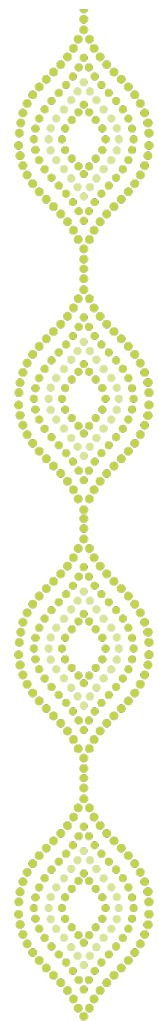
"My body is my business. If i break my leg or if I'm sick I can't be with other people and teach what I teach so self-care is so important and it's not always that fluffy self-care that feels good. Self-care is sometimes really hard and you have to be willing to do that work to teach yoga. Like really take care of yourself. Which might mean you can't do a lot of things that you did before."

"Fight for yourself and really know what you're worth."

"You have to be able to communicate your needs."

"It's most important to connect with your students and talk with your students and make connection with them and remember that ultimately you're there for them."

"Be thoughtful in how you set yourself up so you can have a rich life in addition to teaching."



"I really don't believe [teaching yoga] is a career. You cannot survive on teaching classes at your local studio. Teaching public classes is a hobby job. The yoga celebrities are actors.

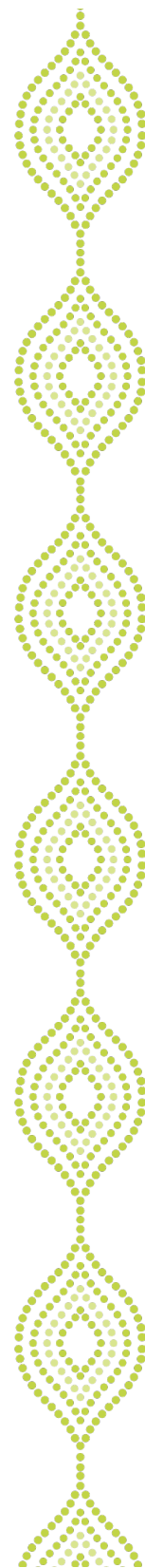
If you look at what they're doing, they aren't really doing a whole lot of yoga teaching. They're making money but they're not making money selling yoga. They're selling products. They're sponsored and they're promoting brands. The money is in the accessories. So how do you maintain your integrity and succeed as a yoga teacher? There's the burning question. If you can find companies that align with your moral compass and speak to the truth you are speaking then I don't think there is anything wrong with that. I think you can work within the corporate framework but the core values have to line up with your own and they have to promote the work you're doing sincerely. There are companies out there worth working with. You have to be able to stand your ground and you have to be able to have a seat at the table."

"If there's something else you want to do you better go and do that because this is the hardest job in the world."

"Take it slow. Make a slow transition and grow with your growth."

"Teaching full-time does not have to mean teaching 5 days a week. Working full-time in yoga doesn't have to be just teaching."

"This gets to be fun but you've got to let it be fun which means you've got to loosen your grip of control because that's what is making it hard."



"Why do you want to teach yoga full-time and what are your motives? What's driving you to teach on a full-time basis? If it's 'I hate my day-job,' that's valid but it's not enough. You have to have patience and perseverance and you have to be comfortable with holding space. How organized are you? You've got to be on your shit."

"Maybe have a real job too, truthfully. It's a very hard way to make a living. If you are paying your bills and you need to eat teaching yoga is a stressful, hard way to make that happen."

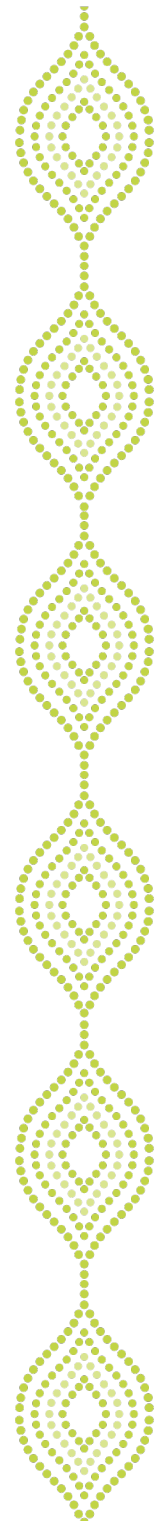
"Those yoga superstars of 5 and 10 years ago don't exist anymore. Find your tribe and do the best you can to facilitate their yoga experience and don't think you're going to get rich. Respect those who have paved the way for you."

"It's a rewarding and challenging career. It's an opportunity to be a student for life as well as a teacher and share knowledge and experiences. I don't recommend it for everybody. But I don't regret my decision."

"Have fun."

"Patience, patience, patience."

"Keep your practice sacred."

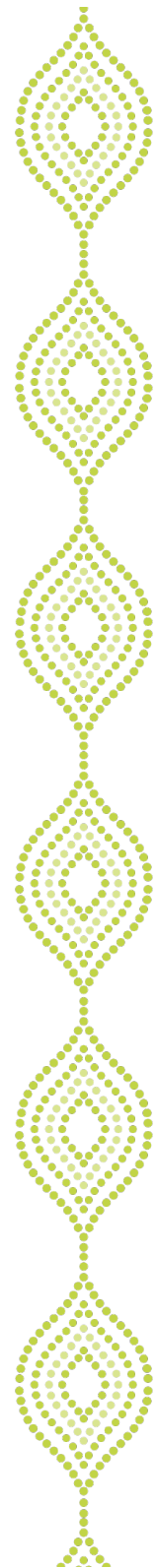


"Honestly, don't expect to make a ton of money. Have a head for business or get someone who does to help you. You'll never make enough money working for someone else in the yoga world.

I see a lot of people teaching for two years and wondering why they aren't making enough money. You have to expect to do your time. I see people coming out of trainings focused on building a website and getting business cards and having the perfect write-up. Instead of reading the Bhagavad Gita you're listening to business podcasts. They become business people instead of yoga people. Don't fill your head with business -- be a yogi still."

"I spent a good year questioning whether or not I wanted to be a yoga teacher and that was an important struggle for me to go through to make myself own it and figure out what I had to say. You have to put in a lot of work and you have to go through a lot of burn out and you have to really sort through a lot of noise in order to find yourself in a yoga community. I think the number one most important thing to being a successful teacher is to have a practice and speak from experience rather than reciting things that you've heard other people say. I think the best way to be a full-time teacher is to be a full-time student and dedicate yourself to finding time to figure out what you have to say that is unique. You have to be ok with being taken advantage of until you can prove that you can get people in the room."

"Have another source of income as a primary income and teach yoga as a secondary thing so there's no sense of scarcity translating through the teaching. You gotta get creative. run with some interesting niche and have fun with it."

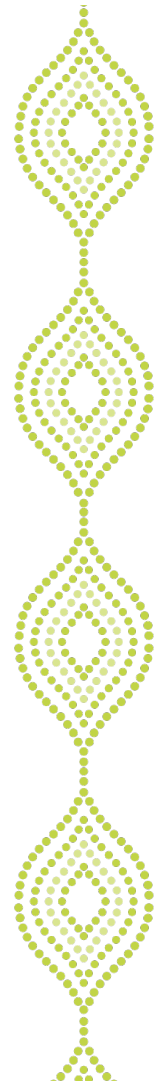


"Don't be better at your marketing than you are at your teaching."

"You have something important and different to say than any other teacher out there."

"If you are at all hoping to build a small empire start now and create content to let other people know who you are and share your particular brand of magic. Put it out in the medium that you're comfortable in. If you can't write but you can easily talk, start a Youtube channel. share what you have based on your strengths -- it will resonate with somebody. And get some marketing knowledge."

"Have another source of income that allows you to pay your bills so you can find your voice, build your reputation, start to see if this is really what you want to do because it does demand a lot as a person, spiritual being, and as a practitioner, so make sure to give yourself some time and space where that financial pressure is off before you step into teaching full time."



Conclusion

In conclusion, teaching yoga may teach you how to live more simply and experience more joy with less (isn't that one of the lessons of yoga anyway?) but if you don't want to learn that lesson, it's best to find another job.

There are many factors that will contribute to whether or not you can make it as a full-time yoga teacher. One of them seems to be the life situation you find yourself in. If you have a partner with a good-paying job and benefits, live in a densely populated and highly affluent area, and don't have kids, you're more likely to find ease in the journey. Regardless of your life situation though, you'll have a hard time escaping the hustle factor in this career.

Jason Crandell, a well-known full-time yoga teacher agrees. In an interview with his wife Andrea Ferretti on her *Yogaland* podcast aired way back in May 2016, Jason admits that no matter how much recognition you gain, your career as a yoga teacher never becomes less work.

Based on my interviews with yoga teachers all over the world and my own personal experiences, here are some of the factors I believe you must have to thrive as a full-time

yoga teacher:

- You have to know your stuff. You will not make it if you stop learning and questioning.
- You have to maintain your practice. You will not make it if you let this go, simply because your body and mind will break down and you'll lose inspiration.
- You have to know what you value. This will help you make the tough decisions.
- You have to be willing to work hard.
- You have to know how to set boundaries.
- You have to get clear on your relationship with money and know what you need to survive.
- You have to be confident and know how to market yourself.
- You have to have an inkling of business knowledge or at least the willingness to seek it out or get help if you don't have it or don't want it.
- You have to know how to ask for help.
- You have to have support, not only from fellow teachers but also from your family and friends.
- You have to be passionate about what you do. This is what keeps you going.
- You have to want to connect with

others. Relationships are everything in this life.

- You have to know when to walk away. Sometimes a couple days removed from the “yoga world” is enough reprieve to revive.

Sometimes you have to make the hard decision to walk away from teaching yoga as a full time career all together. There is no shame in that. It’s part of the journey. It also doesn’t mean you’re a failure at life. All it means is that you’re an entrepreneur and it may even mean you’re smart. But really, it just means you have different priorities and needs, and teaching yoga wasn’t going to fit those at this

point in your life.

It is my wish that everyone who teaches yoga can feel supported and uplifted by their career. If you want to teach yoga full time, I want to support you in your journey. I’m walking the path with you and I know how hard it is. I also know how incredibly fulfilling it is.

May you walk this path with your head held high and know that we’re all here with you cheering you on.

Namaha. Namaste.

Mentorship

If you’re interested in finding more support and resources to aide you in your career as a full-time yoga teacher, whether that be teaching techniques, business best practices, marketing strategies, or personal work on your own life plans and career goals, I’d love to work with you.

Click below to schedule a free consultation about my yoga teacher mentorship program. You don’t have to currently be a full-time yoga teacher, nor do you have to want to be one :) All that is required is a desire to grow into the best version of yourself.

[Learn more about
Mentorship!](#)

Dedication

This was a big undertaking of a project. Even though I didn't meet my initial goal, the project as a whole has taken almost a year to publish.

Although this is not a book, I still feel compelled to write a dedication as a way to thank everyone who has helped me make this project come to fruition. And since I run my own business and call my own shots, I can do that.

A huge shout out to all my teachers for sharing their knowledge unapologetically, for supporting me in my journey, and for shaping me into the teacher I am today. To my elementary school teachers Mrs. May, Ms. Prickett, and Ms. Ricotta for encouraging my creativity and inspiring a passion for writing at a young age. To my journalism professors for showing me how to be a good reporter. To Valerie D'Ambrosio, Jason Bowman, Derise Diatta, Richard Miller, Sarah Court, Elizabeth Wipff, Maryam Ovissi, Jafar Alexander, and Dr. Ganesh Mohan for guiding my study in yoga to this

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To my parents, sister, and my biggest teacher, my husband, for putting up with me and subtly offering up life lessons day-in and day-out even though I complain, thank you.

And most importantly, to every teacher who took time to speak with me, thank you for being so generous, so supportive, and so eager to share your experiences. Thank you for the work you do.

You inspired me to keep going.

Thank you!

