

A person with long dark hair, seen from behind, is sitting in a meditative lotus position on a sandy beach. They are wearing a dark long-sleeved shirt and dark shorts. The ocean is in front of them with gentle waves breaking. The sky is a soft, warm orange and yellow, suggesting a sunset or sunrise. The overall mood is peaceful and serene.

HOW TO  
BECOME A

yoga  
teacher

IN 5 STEPS

by Evelyn Loh



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So you have been heading to the yoga studio lately and you realize that you feel great after. You have been telling everyone you know about yoga and how *that amazing feeling* you experience after a class, a.k.a. the “yoga high.”

You wish that you could be surrounded by this Zen environment of *om, namastay* and *savasana* all day long. You think “*I could live here*” And then it strikes you “*Maybe I should be a yoga teacher.*”

Well, why not? Becoming a yoga teacher does not mean you need to give up your job and commit to having a full time yoga career. It can also give you a sense of accomplishment, a very rewarding skill to share and it will provide you with a deeper understanding of the practice and ultimately strengthen your own practice.

In this short e-book, I'll go through 5 short and simple steps on *How to Become a Yoga Teacher*.



## STEP 1 : UNDERSTAND WHAT STYLE OF YOGA SUITS YOU



Learn about the different styles of yoga and attend different classes with different teachers. This helps you to understand which practice suits you and what teachers you are drawn to. If you're unsure, do not hesitate to chat with the teacher after class and tell him or her that you appreciated the practice and you were curious what style it is.

Teachers are always happy to hear how much their students have enjoyed their classes. I love speaking with my students and have never felt bothered by questions. I could speak about yoga all day.



## STEP 2 : HAVE A CONSISTENT PRACTICE



The next step towards becoming a yoga teacher, is establishing a consistent practice. This does not mean you need to abuse your body to perform contortions everyday but to have a routine that suits your body. This will help you gain a deeper understanding of your body and allow you to explore if this option is something you really want to invest in.

Set a routine that you know you can stick to. You can achieve this by attending yoga classes at your favourite studio 1-3 times a week depending on your schedule. In addition to that, setting time aside for a short 10-20 minute daily meditation practice will also help you to get you closer to your goal. Start small and gain momentum.



### STEP 3 : UNDERSTAND YOUR GOALS FOR YOGA



Before you register for a yoga teacher training, it is important to understand your goals for yoga. *Do you want to be a teacher as a career? Full-time or part-time? Maybe your goal is to deepen your practice? Maybe you'd like to have an additional skill under your belt?*

All the above are great reasons to take a yoga teacher training course. Whatever your end goal is, it's important to understand what you'd like to get out of your experience. You should know that teaching full-time is a rewarding career but it will take a while to establish yourself and gain trust in the yoga community. Teaching part-time can bring you benefits such as free monthly passes at the studio you teach at.

It's important to go into the training with an open mind. True yoga is not about performing headstands and circus movements. A good training will be well-balanced and offer a strong background in the history, philosophy, cleansing techniques and many more.



### STEP 4: FIND A SCHOOL & REGISTER FOR A YOGA TEACHER TRAINING



Now, this is probably the trickiest part of becoming a yoga teacher. You have decided to become a yoga teacher but you start to get confused by the terms (e.g.: RYS-200, RYT-300, Yoga Alliance, etc.) It gets a little bit confusing, but the most common way to go is to register for a training with one of the 200-HR Registered Yoga School (RYS-200) with Yoga Alliance. See [here](#), for a complete list of registered schools.

From there, research a school that will best suit your needs based on the following. and narrow down the results using these guidelines – where, when, who and how much?

- ***Where?***

Where are you located (country and city)? And where would you like to take the training? If you want to keep your full-time job, you will need to look at local studios offering trainings and compare them accordingly. Many studios will conduct the trainings in the evenings and weekends, so you can attend them and still keep your day job.

If you have time to spare and are able to take time off work, consider a destination training. Some work out to be cheaper because they include accommodation and meals – the cheapest being India which traditionally where people go to train as yoga teachers. However, destinations such as Bali and Thailand are becoming increasingly popular because they have great prices, great amenities, offer a new culture and retreat-like atmosphere.

- ***When? And the duration?***

Local trainings will typically run for evenings and weekends for 2 to 3 months while destination trainings run for 21 – 28 days long.

- ***Who?***

Look up the organization and their teachers. In this day and age, there are so many teachers out there, it will overwhelm you. Browse through the schools and follow your instinct. Is there a school that you are particularly drawn to? What you need to look

for is a school who has a genuine passion for yoga and the way they treat you during your communication. Ensure that you choose a school that respects this is a big decision for you and they treat you with respect. Sometimes a smaller school will provide you a better quality course than a large renown school.

- ***How much?***

Cost for trainings typically run on average from \$3000 to \$5000 US Dollars. Local studios that run classes in the evenings and weekends in the West do not include food and accommodation. While destination trainings tend to offer all-inclusive options within this price range. There are also trainings that are well over this range for more popular teachers with large followings. Additionally, you can find courses just over \$2000 in India – but be aware that some of these trainings are ashram living (think 4-6 bunk beds in a room).

How much you want to pay for your training depends on your financial situation and what type of experience you would like out of it – would you like a traditional hardcore training style, a luxury training or something in between. Everyone has a different needs and different expectations. When in doubt, as Buddha says, “Go with the middle path.”

If you would like to learn on the benefits of doing a destination training, [click here](#).

## STEP 5 : PLAN AND EXECUTE

This is the final step towards becoming a yoga teacher is registering for your course, planning for it and execution. With an open mind and a little bit of courage, you can complete your first yoga teacher training and go on an exciting journey towards self-development.

HAVE A WONDERFUL JOURNEY !

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This E-Book was written by Evelyn Loh and self-published by Eka Bhumi Yoga



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