

Becoming a Yoga Professional

National Exercise Trainers Association

Section One: Becoming Your Best	Section Two: Living Your Yoga	Section Three: Discovering Your True Self	Section Four: The Business of Yoga	Section Five: #YOGA	Section Six: Legal & Ethical Considerations	Section Seven: Wrapping Up
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Course Description

NETA's innovative Becoming a Yoga Professional goes beyond the fundamentals of leading classes by discusses topics that everyone approaching yoga as a business opportunity should know. Instructors will learn to manage difficult situations and relationships, discover ways to better connect as a yoga coach, as well as discover ways to market themselves and earn income. Find your unique voice and put it to use by becoming a yoga professional.

In order to get the most out of this online learning experience, NETA highly recommends downloading the Becoming a Yoga Professional Student Manual and having a journal to take notes and answer the self-reflective questions provided throughout.

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Becoming a Yoga Teacher


YOGA ALLIANCE (YA)

Registered Yoga Teacher (RYT)
200-hour certification course through an accredited Registered Yoga School (RYS)
Certification fees and credential maintenance per YA standards

INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS (IAYT)

Certified Yoga Therapist (C-IAYT)
200-hour or 500-hour yoga teacher training program
Join the International Association of Yoga Therapists
Complete an IAYT Accredited Yoga Therapy Training Program

*NETA's 200 Hour Yoga Teacher Training is an accredited RYS



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Reflection



Am I a regular practitioner of yoga?
How so?



How much do I really know about yoga?



Why do I practice yoga?



Why do I want to teach yoga?




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Reflection

WHO do you want to serve?



WHERE do you want to serve them?

WHAT do you want to serve them?

Yoga is partly a practice of being in service to the world around you. This is no more apparent than when we think about teaching.


HOW do you want to serve them?

WHY do you want to serve them?


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What is Social Media?



USES

- Supplying information
- Learning or teaching new skills
- Promoting oneself
- Making business connections



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