



# YOGA ENTREPRENEUR

**Y**oga is a discipline that has been handed down from teacher to student after years of practice and learning. But today, practitioners with even one-month certificate course are teaching and opening centers. This is a disaster for students getting trained under them or practicing in that environment. These teachings deal with your body and any misalignment or wrong guidance will take you years to correct.

Leading by example is Naveen, Director at Namaha Yoga. He has close to two decades of practical experience in teaching, mentoring and running successful studios based on Hatha Yoga, worldwide. He started his first studio successfully in Silicon Valley and since then has opened multiple studios with his first studio in India at Banjara Hills, Hyderabad.

Today, Naveen lists some points you should keep in mind if you are looking at a career as a Hatha Yoga Teacher or are keen on opening Yoga centers or retreats.

## **ONE MUST HAVE A DEEP INTEREST IN THIS FIELD:**

Whatever style of yoga you choose, experience it personally. If that experience benefits you, then you should consider first being a student for a couple of years before becoming a teacher. Most of all, a



Hyderabad has become a destination of choice for visiting International Yoga teachers or to be teachers to get mentoring tips from Naveen on teaching, posture corrections and in starting/ sustaining Yoga centers successfully, worldwide.

teacher must practice intensely so that he or she can teach from experience.

## **BENEFITS A PROSPECTIVE TEACHER CAN DERIVE IF CLOSELY GUIDED UNDER A GOOD SCHOOL OR TEACHER:**

- Deepen and enhance their own practice while training and teaching others
- One must be exposed to posture's alignment, modifications and benefits of each pose. During training, students can learn from each other's different body types, injuries, flexibility levels, and strengths
- Taking yoga training can be an enlightening experience

## **STARTING THE PROCESS:**

- Explore different styles

of Hatha Yoga such as Ashtanga, Bikram (Hot Yoga) and Iyengar. Try out different classes to determine which type of yoga you would like to teach

- Find a studio in your area and start with beginner classes
- All new trainees should spend minimum one year or more as an intern under senior teachers before they venture out on their own with ongoing guidance
- Stick to one format and style in the initial years rather than being a Jack of all styles and master of none

*If you have further questions on this journey or want to set up your own Yoga studio contact Naveen at [namahayoga629@gmail.com](mailto:namahayoga629@gmail.com) or call 8885446600*