

Turning your passion into your profession

Want to be a yoga teacher? Here are the pros and cons, rewards and regrets... from someone who's already been there. **By Kristina Rihanoff**

Ever considered teaching yoga? It's definitely more than a job, it's an adventure that transforms lives — yours and your students! After transitioning from being a professional dancer on the biggest TV show to be a yoga instructor, I've experienced the magic firsthand — here's why teaching yoga could be your best move.

Why go for it?

Deepen your practice: Teaching yoga amplifies your passion and understanding. It's about immersing yourself daily and sharing that knowledge with others.

Spread joy: Witnessing someone achieve a pose or find peace in savasana because of your guidance is priceless. These small victories and 'aha' moments make every class worthwhile.

Flexible lifestyle: Whether it's a sunrise session on the beach or a serene evening in a cosy studio, yoga teaching offers the flexibility to create your dream schedule.

Build a community: Connect with passionate individuals — from beginners to seasoned yogis. These relationships often evolve into friendships, support networks, and sometimes, a second family.

The flip side

Challenges: It's not all smooth sailing. Building your name, balancing energy and income variability can be tough. But every job has its hurdles; it's how you overcome them that matters.

Rewards

Impact: Making a difference, one pose at a time, is incredibly fulfilling. Guiding, inspiring, and sometimes healing others is priceless.

Personal growth: Teaching yoga propels you into self-discovery, helping you face



fears and grow in confidence and skill.

Regrets

Starting late: The only regret? Not beginning sooner! Once you start, you'll wonder why you ever hesitated.

Comparisons: Comparing yourself to Insta-famous yogis can lead to self-doubt. But these moments push you to embrace your unique style, which your students will cherish.

When I faced my first yoga class eight years ago, my knees shook and my mind raced with 'what ifs' — but diving in was the best decision I ever made. It wasn't about perfect postures but sharing a journey and growing together.

Top tip

If you're unsure about teaching yoga, remember: it's more than a career move; it's a life choice. It opens doors to self-discovery, connection and making a real difference.

Last year, our first yoga teacher training group — a diverse bunch united by their love for yoga — embarked on this journey. Today, they're qualified instructors, many teaching their own classes, with three working for us at Soo Yoga.

Are you ready to turn your passion into your profession? To ignite that spark in others? Jump in — the world needs your unique light! Let's start this journey together, transforming lives one breath, one pose, one class at a time.

Kristina Rihanoff is a director of Soo Yoga. For more information visit: sooyoga.com/yoga-teacher-training



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