

Eight Amazing Benefits of Teaching Yoga

Every challenging occupation yields some sort of satisfaction, but the fitness professionals industry had an amazing 85% job satisfaction rate according to an Idea Health & Fitness survey.

Job Satisfaction

In the same survey, 98% of those interviewed felt that "My work gives me a feeling of personal accomplishment." Lack of personal satisfaction is the most frequent reason why people leave a job. These statistics make it obvious that this is an extremely harmonious atmosphere to work in.

For many of us who worked in the corporate world and shifted into the health and fitness industry, the energy felt in a health club, ashram, or wellness center is similar to being on vacation.

There's always something to do, but the job itself is very gratifying.

Rewards of Helping Family, Friends, Students, and Co-workers

Your self esteem improves as you find solutions for the pain management of others, ailments, fitness, stress management, positive thinking, etc.

The list goes on, as you continue your own journey of self improvement, but the feeling of gratification you get from helping someone find the right path, is beyond words.

You will always remember: That student who reaches their ideal body weight, the physically impaired student who finds that they, too, can live a better quality life, and the student who leaves your class without the headache or backache they came in with.

Your Own Health

As a practitioner of Yoga, you have become more aware of your daily ups and downs. You monitor your breath, posture, moods, diet, and exercise on a daily basis.

As a Yoga teacher, you are setting an example to your students and teaching them to live a quality life. This path will enable you to live longer and live better.

There is no Shortage of Work

When the working world is in the "9 to 5" mode, you have many opportunities with Corporate Accounts, The Fitness Industry, Senior Centers, Medical Centers, Referrals, etc.

This is when you to teach them, with any free time you have.

Once I became totally self-employed, there were more daytime off-site Yoga teaching opportunities than I had time for in a geographic area that has many active Yoga teachers and studios. One of my best students, who became a Yoga teacher through our on-site program, inherited an area that I could no longer service due to time restraints.

The object is to contact them. This is where your post cards come in handy, if you don't have a personal referral.

Continuing Education

Yes, learning new things keeps your mind stimulated and healthy. You will never tire of subjects to study, explore, and investigate. There are so many facets of Yoga, that one life span, is just not enough time to learn it all.

It's not a race, but it is a journey. You will find friends, colleagues, and students who are on the same path.

This makes giving, receiving, and sharing a wonderful thing along the way.

Time

You will have time to stop, think, breathe, relax, or meditate. You can always fill your plate beyond its limits, but you no longer have to.

You can determine whether or not you will be stuck in traffic during rush hour. You decide what hours you will work and what days you have off. You will come to the realization that your time is your own.

Independence

Everyone wants control of their own life, but very few achieve it. Being in business for yourself, can help you control your own destiny and that of your family.

Sure there are limits to what one person can accomplish, but it is better to try than to have never tried.

Success

No matter what you want, if you write down your short-term and long-term goals, you will make great progress toward them.

You should keep these goals in a place where you can see them daily and visualize yourself accomplishing your goals. You should be specific about time frames and ethical methods used to meet them. You can even use them in meditation.

Review your long-term goals at least once every season and every year. Review your short-term goals daily. You will see yourself make rapid success in this way.

Lastly, goals do not have to be material at all. For example: You may want to start teaching Yoga in a year, and the following year, get a part-time Yoga teaching position.

This type of goal setting is realistic and beneficial to mankind.

That is the key - If you choose a goal that will benefit others, you will surely achieve it.

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About the Author

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