

# YOGA INSTRUCTOR

An expert trained in the art of yoga can become a Yoga Instructor. Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.

## PERSONAL COMPETENCIES

- You enjoy sports
- You are physically fit and agile
- You are an effective communicator
- You like to help others



The approx. course fee ranges between **INR 5,750 - 6,95,000\***

\*These figures are estimated numbers and will vary from Institute to Institute.

## SCHOLARSHIPS

• **National Scholarship Portal** - Visit [www.scholarships.gov.in](http://www.scholarships.gov.in). Under this portal there are Central Government schemes offered by different departments, UGC/AICTE Schemes and State Schemes\*

• Visit [www.buddy4study.com](http://www.buddy4study.com) for details on available scholarships. This is a gateway to scholarships starting from Class XI\*

• Scholarships are also available in the Institutes based on merit\*

\*(Availability of these scholarships can vary from time to time)

## LOANS

• VidyaLakshmi, [www.vidyalakshmi.co.in](http://www.vidyalakshmi.co.in), is a portal for students seeking education loan. This portal has been developed under the guidance of the Department of Financial Services, (Ministry of Finance), Department of Higher Education (Ministry of Human Resource Development) and Indian Banks Association (IBA).

• Some states have student credit cards with low interest rates, for instance, West Bengal, Odisha, Bihar, etc.

• All banks give education loans.



## ENTRY PATHWAY

1. Complete 10+2 in any stream
  2. Complete Bachelor's degree (B.N.Y.S./B.A./B.Sc) in Naturopathy and Yogic Sciences
- OR
- Complete Bachelor's degree followed by a Master's degree (M.A./M.Sc.) in Yoga and Naturopathy
- OR
- Pursue a certificate course from any of the institutes certified by the Yoga Certification Board

*Please check the duration of the course during enrolment*



## EXPECTED INCOME

*\*The figures are indicative & subject to change*

The approx. salary of a Yoga Instructor ranges between **INR 40,434 - 66,964\*** per month.

Source: <https://www.salaryexpert.com/salary/job/yoga-instructor/india>

## WHERE WILL YOU WORK?

**Places of Work:** You can work in a yoga studio or a fitness facility, as well as in sports teams or even in corporate business settings as a corporate yoga instructor.

**Entrepreneurship:** You can even become a personal yoga instructor and visit client's homes to teach them yoga.

**Work Environment:** The timings are flexible if you work independently. In Yoga studios, or fitness facilities, you might be required to work 6 to 7 hours for 5 to 6 days. Shift system is applicable.

*Opportunities for work exist for differently abled in this field*

## EXPECTED GROWTH PATH

Trainee yoga Instructor → Yoga instructor → Senior Yoga Instructor

Search keywords...



*yoga instructor, yoga teacher, yoga trainer*

## WHERE WILL YOU STUDY?

**The course is offered by the Department of Physical Education.**

This list of institutes is indicative only

### GOVERNMENT INSTITUTES

1. Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Nagaon
2. Guru Gobind Singh Indraprastha University, Delhi
3. Gauhati University, Guwahati
4. Visva Bharati University, West Bengal
5. Dibrugarh University, Dibrugarh
6. Gandhigram Rural Institute, Dindigul
7. JC Bose University of Science and Technology, YMCA, Faridabad
8. Lucknow University

### PRIVATE INSTITUTES

(Please check if Institute is affiliated and accredited with UGC or AYUSH YCB before applying)

1. SRM Institute of Science and Technology, Chennai
2. Chandigarh University, Chandigarh
3. Integral University, Lucknow
4. Assam Down Town University, Guwahati
5. Sharda University, Greater Noida
6. Jaipur National University, Jaipur
7. Dr. D.Y. Patil University, Navi Mumbai
8. Singhania University, Jhunjhunu

Information on the institute rankings can be found at - <https://www.edexlive.com/happening/2019/jun/20/why-fareena-farid-quit-modelling-and-found-her-calling-in-yoga-and-meditation-6693.html>

### DISTANCE LEARNING INSTITUTE

Indira Gandhi National Open University (IGNOU)  
Krishna Kanta Handiqui State Open University

### ONLINE COURSE

Udemy - <https://www.udemy.com/courses/health-and-fitness/yoga/>

## EXAMPLE FROM THE FIELD

**Farina Farid** is currently a Yoga Instructor based in Hyderabad who quit her career in modelling and found solace in yoga and meditation. In 2010, she enrolled in the Bihar School of Yoga and started her practice in Yoga after graduating.\*

Source: <https://www.edexlive.com/happening/2019/jun/20/why-fareena-farid-quit-modelling-and-found-her-calling-in-yoga-and-meditation-6693.html>

*\*The above information is for training purposes only and will not be used for any commercial gains*