

1. How did you become a certified yoga instructor?
2. Why did you become interested in yoga?
3. When did you start doing yoga?
4. IS yoga Somewhat like meditation, and if So why?
5. What are the health benefits of yoga?
6. Since you started being a yoga instructor , has your clientele increased?
7. Do you think social media has affected the popularity of yoga?
8. How long have you been interested in yoga and wanting to be a yoga instructor?
9. What's your favorite pose to do and what is your favorite pose to teach
10. How do you deal with clients who have a hard time being relaxed and are not flexible enough to do some poses?
11. Where did you go to school?
12. Did you major Yoga in college ?
13. When you do yoga do you feel relaxed, or stressed because if you can't mess up and you have to remember what you are going to say? If that's even true that you have to remember everything
14. Do you work for a business if so what business, and do you ever work with a partner?
15. Is there anything else that you think I should know?