

# **Resource Guide for New Yoga Teachers**

By Zach Beach [www.zachbeach.com](http://www.zachbeach.com)

## **The “I’m a yoga teacher now” Checklist**

- ❑ **Make your website** - it can be super simple at first, just get something up ASAP
- ❑ **Begin a social media presence** - Start a blog, Instagram, Facebook page, or Youtube channel. Commit to one or two main ways to connect with your audience. If you start generating content now, not only will it snowball into success in the future, but you will also get better at it as time goes on.
- ❑ **Buy Liability Insurance for yoga teachers** - Google it, get it.
- ❑ **Write your 300 word bio and memorize your 30-sec elevator speech** - who you are and what you offer, for when you are meeting with a studio owner or other interested party.
- ❑ **Take some photos** - All you need is 3-5 awesome photos of yourself: One headshot, one studio shot, and one awesome yoga shot to send to anybody for anything.
- ❑ **(Optional) Get your CPR certification and register with Yoga Alliance** - You *might* need these to work at certain places.

## **Design and Promote your stuff**

- <http://canva.com/> for designing your own flyers and promo material
- <http://pixlr.com/> for modifying your photos online
- [www.createspace.com](http://www.createspace.com), <https://www.wix.com/>, Weebly, or <https://wordpress.com/> to make your website
- [Fiverr is really great to find freelancers](#), you can also try [99designs](#), <https://www.awesomeweb.com/>, and Upwork
- Mailchimp or ConstantContact for your email list

## **Stay in touch with me**

- Email: [zach.beach@gmail.com](mailto:zach.beach@gmail.com)
- Website: [www.zachbeach.com](http://www.zachbeach.com)
- Love School: <http://www.the-heart-center.com/>
- Facebook: <https://www.facebook.com/zachbeachlove>
- Instagram: <https://www.instagram.com/zachbeachlove/>
- Youtube: <https://www.youtube.com/user/zjb407/videos>
- Spotify: <https://open.spotify.com/user/zachbeach>

## **Websites that can help you run things and find opportunities**

Some of these websites take commissions, it’s usually worth it since getting people to come is the hardest part of running anything. Be wary of companies that say, “want to run retreats around the world? We are looking for yoga teachers!” They most likely expect you to fill up your retreats on your own, which means, quite frankly, you don’t need their services.

- Yoga Trade <https://yogatrade.com/> - find opportunities around the world

- Trip Tribe <https://triptribe.com/> - will book venues for you but you have to fill the retreat yourself
- Lessons.com - Can post that you do private yoga lessons and maybe get clients
- Retreat Listings:
  - WeTravel <https://www.wetravel.com/> - no commission listings and registration
  - <http://bookyogaretreats.com/> - 15% commission but their SEO is on point
  - Retreat Guru <https://retreat.guru/> - free listing of your retreat
  - Yoga Trail <https://www.yogatrail.com/welcome> - monthly fee in exchange for listing and promotions
  - <https://www.yovada.com/> - list your retreats and trainings
  - <https://www.trueyogarevolution.com/>
  - <https://retreatsmap.com/>
  - <https://www.justretreatyourself.com/>

### **OpenSource Blogs for your writing and content marketing**

- Elephant Journal <https://www.elephantjournal.com/>
- MindbodyGreen <https://www.mindbodygreen.com/>
- Pick the Brain <http://www.pickthebrain.com/blog/write/>
- Medium <https://medium.com/>

### **Continue Your Education**

- **Become certified in a “niche”** - Now that you have done your 200-hr, you can easily become a certified teacher of other formats with a simple weekend workshop in:
  - Restorative
  - Yin
  - Trauma-Informed Teaching
  - Prenatal, Post-natal, Kid’s Yoga
  - Aerial Yoga
  - Stand Up Paddle (SUP) Board
- Online Yoga Resources to expand on your studies
  - [Anatomy Studies For Yoga Teachers \(ASFYT\)](#)
  - <https://www.yoganatomy.com/> - David Keil’s online anatomy programs
  - <https://www.pranamaya.com> - Featuring Paul Grilley, Sarah Powers, and other great teachers
  - <https://www.yogicstudies.com/> - Seth Powell’s courses on history, philosophy, and sanskrit (a bit expensive though)
  - <https://yogaknowledge.net/> First month free
- Online Yoga Classes
  - YogaGlo <https://www.yogaglo.com/> - online yoga classes with some great teachers
  - One O Eight <https://oneoeight.com/>
  - 90 monkeys <http://www.90monkeys.com/>

- Living Gurus
  - Sadhguru <https://isha.sadhguru.org/us/en>
  - Amma <https://amma.org/>
  - Mooji <https://mooji.org/>
  - Sri Sri Ravi Shankar <https://www.srisriravishankar.org/>
- Acroyoga
  - Find acro classes and jams near you: [acromaps.org](http://acromaps.org)
  - Get certified
    - [Acroyoga.org](http://Acroyoga.org)
    - <https://acrorevolution.com/>
    - <https://acroyoga.com/>
- Ancient Scriptures (get yourself a copy)
  - **Taoism:** Tao Te Ching, Chuang Tzu
  - **Vedanta:** The Bhagavad Gita, Upanishads, The Brahma Sutras
  - **Yoga:** Patanjali's Yoga Sutras, Hatha Yoga Pradipika, Shiva Samhita
  - **Buddhism:** The Dhammapada, The Bodhisattvacharyavatara by Shantideva
  - **Christianity:** The Cloud of Unknowing
- Sequencing
  - Sequence Wiz <http://sequencewiz.org/>
  - Yoga Journal [http://www3.yogajournal.com/poses/sequence\\_builder](http://www3.yogajournal.com/poses/sequence_builder)
- Learn Thai Massage (great for giving better adjustments)
  - Lotus Palm Thai Massage School, in Montreal, Canada
  - Sunshine Network in Chiang Mai, Thailand
- US Institutes for higher learning:
  - California Institute for Integral Studies
  - Naropa
  - Sofia University (for Transpersonal Psychology)
- USA Retreat Centers with incredible programming
  - Esalen <https://www.esalen.org/>
  - Kripalu <https://kripalu.org/>
  - Omega Institute <https://www.eomega.org/>
  - 1440 Multiversity [www.1440.org](http://www.1440.org)
  - Spirit Rock Meditation Center <https://www.spiritrock.org/>
- Ayurveda Resources (courtesy of [Anita Sundaram](#))
  - The Ayurveda Institute, [www.ayurveda.com](http://www.ayurveda.com)
  - Acharya Shunya, [www.acharyashunya.com](http://www.acharyashunya.com)
  - California College of Ayurveda, [www.ayurvedacollege.com](http://www.ayurvedacollege.com)
  - Kerala Academy, [www.keralaacademy.com](http://www.keralaacademy.com)
  - Loyola Marymount University, [www.lmu.edu](http://www.lmu.edu)
  - The Ayurvedic Healing Institute, [www.ayurvedichealing.net](http://www.ayurvedichealing.net)
  - Dancing Shiva Yoga and Ayurveda, [www.dancingshiva.com](http://www.dancingshiva.com)

- Diamondway Ayurveda, [www.diamondwayayurveda.com](http://www.diamondwayayurveda.com)
- American University of Complementary Medicine, [www.aucm.org](http://www.aucm.org)
- Athreya Ayurvedic Integrative Healthcare, [www.athreyaayurveda.com](http://www.athreyaayurveda.com)
- Banyan Botanicals, [www.banyanbotanicals.com](http://www.banyanbotanicals.com)
- Tri Health Ayurveda, [www.oilbath.com](http://www.oilbath.com)
- Free Online Books
  - Divine Life Society <https://www.dlshq.org/download/download.htm>

### Keep Learning Resource List

Many thought leaders have books, blogs, podcasts, videos, retreats, trainings, and more. I encourage you to Google the people that interest you. I have listed here all my favorite and recommended books and resources, divided by subject. Feel free to reach out if you have any questions or want a specific recommendation.

Person	Recommended Books	Notes
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### Asana Compendiums

Bruce Bowditch	<i>The Yoga Asana Index</i>	
Daniel Lacerda	<i>2,100 Asanas</i>	
Darren Rhodes	<i>Yoga Resource Practice Manual</i>	
Dharma Mittra	<i>Asanas: 708 Yoga Postures</i>	

### Yoga

B.K.S. Iyengar	<i>Light on Life</i> <i>Light on Yoga</i>	
Bernie Clark	<i>Your Body, Your Yoga</i> <i>Your Spine, Your Yoga</i>	
Donna Farhi	<i>Bringing Yoga to Life,</i> <i>Yoga Mind Body and Spirit</i>	
Eric Shiffman	<i>Yoga: The Spirit and Practice of Moving</i> <i>into Stillness</i>	
Georg Feuerstein	<i>The Yoga Tradition</i>	
Jason Crandell		Yogaland Podcast
Judith Lasater	<i>Living Your Yoga</i>	
Mark Stephens	<i>Teaching Yoga</i> <i>Yoga Sequencing</i>	
Mark Whitwell	<i>Yoga of Heart</i>	
Noah Maze		Classes on YogaGlo
Richard Freeman	<i>The Mirror of Yoga</i>	
Rod Stryker	<i>The Four Desires</i>	
Simon Borg-Olivier		Yoga Synergy Yoga School
T.K.V. Desikachar	<i>The Heart of Yoga</i>	
Kino MacGregor		<a href="#">Kino's Youtube Channel</a>

### Anatomy

Anodea Judith	<i>Eastern Body, Western Mind</i>
Blandine Calais-Germain	<i>The Anatomy of Movement, The Anatomy of Breathing</i>
H. David Coulter	<i>Anatomy of Hatha Yoga</i>
Jules Mitchell	<i>Yoga Biomechanics</i>
Kelly Solloway and Samantha Stutzman	<i>The Yoga Anatomy Coloring Book</i>
Leslie Kaminoff	<i>Yoga Anatomy</i>
Ray Long, MD	<i>The Key Muscles of Yoga The Key Poses of Yoga</i>
Timothy McCall, MD	<i>Yoga as Medicine</i>

### Shamanism, Neo-shamanism

Alberto Villoldo	<i>Shaman, Healer, Sage</i>	<a href="https://thefourwinds.com/">https://thefourwinds.com/</a>
Carlos Castaneda	<i>The Teachings of Don Juan</i>	
David Abram	<i>Becoming Animal, The Spell of the Sensuous</i>	
F. Bruce Lamb	<i>Wizard of the Upper Amazon</i>	
Jeremy Narby	<i>Cosmic Serpent</i>	
Mark Plotkin	<i>Tales of a Shaman's Apprentice</i>	
Mike Williams	<i>Follow the Shaman's Call</i>	
Sandra Ingerman	<i>Awakening to the Spirit World The Book of Ceremony Shamanic Journeying</i>	Lots of books and recordings of journeys: <a href="https://www.sandraingerman.com/">https://www.sandraingerman.com/</a>
Stephan Beyer	<i>Singing to the Plants</i>	
Wade Davis	<i>The Serpent and the Rainbow, Light at the Edge of the World</i>	Check out his talks on YouTube

### Modern Buddhism

Chogyam Trungpa	<i>Cutting Through Spiritual Materialism</i>	
Dalai Lama	<i>Live a Better Way</i>	
Gil Fronsdal		<a href="https://www.audiodharma.org/">https://www.audiodharma.org/</a>
Jack Kornfield	<i>After Ecstasy, The Laundry A Path With Heart A Lamp in the Darkness</i>	Founder of Spirit Rock Meditation Center
Joseph Goldstein	<i>A Heart Full of Peace</i>	
Mark Epstein	<i>Going on Being,</i>	

	<i>Thoughts without a Thinker</i>	
Pema Chodron	<i>When Things Fall Apart</i> <i>The Places that Scare You</i>	
Sharon Salzberg	<i>Lovingkindness</i>	
Tara Brach	<i>Radical Acceptance</i>	Amazing Dharma Podcasts
Thich Nhat Hahn	<i>No Mud, No Lotus</i>	
Thupten Jinpa	<i>A Fierce Heart</i>	Dalai Lama's translator
Yongey Mingyur Rinpoche	<i>The Joy of Living</i>	

### **Western Mindfulness, Meditation, Neuroscience, Psychology**

Antonio Damasio	<i>The Self Comes to Mind</i>	
Bessel van der Kolk	<i>The Body Keeps the Score</i>	
Dan Siegel	<i>Mindsight</i> <i>The Mindful Brain</i>	Founder of Mindsight Institute
Jon Kabat Zinn	<i>Coming to Our Senses,</i> <i>Full Catastrophe Living</i>	Founder of MBSR
Norman Doidge	<i>The Brain That Changes Itself,</i> <i>The Brain's Way of Healing</i>	
Richard Davidson	<i>Altered Traits</i>	
Rick Hanson	<i>The Buddha's Brain</i> <i>Hardwiring Happiness</i>	

### **Advaita Vedanta, Zen, Tantra, Nonduality**

Jiddu Krishnamurti	<i>The Book of Life,</i> <i>On Love and Loneliness,</i> <i>The First and Last Freedom</i>	
Lama Yeshe	<i>Introduction to Tantra</i>	Founded Kopan Monastery
Mooji	<i>The Mala of God,</i> <i>Writing on Water</i>	Founded Monte Sahaja
Rupert Spira	<i>The Light of Pure Knowing</i>	<a href="#">Videos, Audio and Lectures</a>
Shunryu Suzuki	<i>Zen Mind, Beginner's Mind</i>	
Sri Nisargadatta Maharaj	<i>I am That</i>	

### **Neo-tantra and Taoist Sexuality**

Barbara Carrellas	<i>Urban Tantra</i>	
Charles and Caroline Muir	<i>Tantra: The Art of Conscious Loving</i>	
Daniel Odier	<i>Desire: The Tantric Path to Awakening</i> <i>Tantric Quest: An Encounter with Absolute Love</i>	

Hugh B. Urban	<i>Tantra: Sex, Secrecy, Politics, and Power in the Study of Religion</i>
Madhu Khanna and Ajit Mookerjee	<i>The Tantric Way</i>
Mantak Chia	<i>The Multi-Orgasmic Man</i> <i>The Multi-Orgasmic Woman</i> <i>Sexual Reflexology</i>
Margot Anand	<i>The Art of Sexual Ecstasy,</i> <i>The Art of Everyday Ecstasy,</i> <i>The Art of Sexual Magic</i>
Omar Garrison	<i>Tantra: The Yoga of Sex</i>
Osho	<i>Being in Love</i>

### **Secular Spiritual and Personal Growth**

Alan Watts	<i>The Book</i>	Alan Watts Podcast
Brene Brown	<i>The Gifts of Imperfection,</i> <i>Daring Greatly</i>	
Don Miguel Ruiz	<i>The Mastery of Self</i> <i>The Four Agreements</i>	
Eknath Easwaran	Many books including translations and commentaries on different sacred scriptures	
Eckhart Tolle	<i>The Power of Now</i> <i>A New Earth</i>	
James Doty, MD	<i>Into the Magic Shop</i>	Founded CCARE at Stanford Univ
Jeff Foster	<i>Falling in Love with Where You Are</i>	
Krista Tippett	<i>Becoming Wise</i>	On Being Podcast
Michael Singer	<i>The Untethered Soul</i>	
Neale Donald Walsch	<i>Conversations with God</i>	
Ram Das	<i>Be Here Now,</i> <i>Be Love Now</i>	A number of documentaries made about him
Robert Masters	<i>Spiritual Bypassing</i>	

### **Popular Spiritual**

Deepak Chopra	<i>Bringing Yoga to Life,</i> <i>Perfect Health and Healing</i>
Elizabeth Gilbert	<i>Eat, Pray, Love</i> <i>Big Magic</i>
Gabby Bernstein	<i>Spirit Junkie,</i> <i>The Universe has your Back</i>
James Redfield	<i>The Celestine Prophecy</i>



Oprah	<i>The Path Made Clear</i>	Super Soul Sundays Podcast
Paulo Coelho	<i>The Alchemist</i>	
Rhonda Byrne	<i>The Secret</i>	

### **Great Mystics and Devotional Poets**

Daniel Ladinsky	<i>Love Poems from God</i>	
David Whyte	<i>Crossing the Unknown Sea</i>	
E.E. Cummings	<i>E. E. Cummings: Complete Poems 1904-1962</i>	
Hafiz	<i>The Subject Tonight is Love</i>	
Idries Shah	<i>The Way of the Sufi</i>	
John O'Donohue	<i>Beauty: The Invisible Embrace, Anam Cara</i>	
John of the Cross	<i>Dark Night of the Soul</i>	
Kabir	<i>The Kabir Book</i>	
Lalla	<i>Naked Song</i>	
Mark Nepo	<i>The Exquisite Risk</i>	
Meister Eckhart	<i>The Complete Mystical Writings of Meister Eckhart</i>	
Pablo Neruda	<i>Neruda: Selected Poems</i>	
Pierre Teilhard de Chardin	<i>The Future of Man</i>	
Rainer Maria Rilke	<i>Book of Hours</i>	
Rumi	<i>The Essential Rumi</i>	
St. John of the Cross	<i>Dark Night of the Soul</i>	
Thomas Merton	<i>New Seeds of Contemplation</i>	
Walt Whitman	<i>The Complete Poems of Walt Whitman</i>	
Wendell Berry	<i>A Place on Earth</i>	

### **Branding, Marketing and Business**

(Here's some articles to get you started: [Building your personal brand](#) and [Building your personal brand the right way](#))

Amy Ippoliti	<i>The Art and Business of Teaching Yoga</i>	
Brian Tracy	<i>Success is a Journey</i> <i>Get Smart</i>	
Marty Neumeier	<i>Zag</i> <i>The Brand Gap</i>	
Stephen Covey	<i>The Seven Habits of Highly Effective People</i>	
Timothy Ferris	<i>The Four Hour Workweek</i>	Great Podcast

### Learn more about SYI's Mystical Locations

Charles C. Mann	1491	Central and South America
Cumes and Romula	<i>Andean Awakening</i>	Peru
Jorge Luis Delgado	<i>Journey to Machu Picchu</i>	Peru
Martin Prechtel	<i>Secrets of the Talking Jaguar</i>	Guatemala
Miguel Covarrubias	<i>Island of Bali</i>	Bali/Indonesia

#### More yoga:

- Anderson, Sandra, and Rolf Sovik. *Yoga: Mastering the Basics*
- Bender Birch, Beryl. *Power Yoga*
- Couch, Jean. *The Runner's Yoga Book*
- Desikachar, T.K.V.. *The Heart of Yoga*
- Farhi, Donna. *Yoga Mind, Body & Spirit*
- Feuerstein, Georg and Larry Payne. *Yoga for Dummies*
- Frawley, David and Sandra Summerfield Kozak. *Yoga for Your Type*
- Grilley, Paul. *Yin Yoga*
- Kraftsow, Gary. *Yoga for Transformation*
- Mehta, Mira. *How to Use Yoga*
- Mohan, A.G.. *Yoga For Body, Breath, and Mind*
- Browning Miller, Elise and Carol Blackman. *Life is a Stretch*
- Schiffmann, Erich. *Yoga: The Spirit and Practice of Moving Into Stillness*
- Sparrowe, Linda and Patricia Walden. *The Woman's Book of Yoga & Health*
- Goad Trechsel, Jane. *A Morning Cup of Yoga*
- Vishnu-devananda, Swami. *The Complete Illustrated Book of Yoga*
- Yee, Rodney with Nina Zolotow. *Yoga: The Poetry of the Body*