

# Your Name

.....  
street address, phone number  
e-mail address, social media handle

## PROFILE AND, IF YOU LIKE, A HEADSHOT

One to three sentences the studio owner can imagine popping on the website for your bio. If you're applying to teach at a particular studio, model your bio and headshot on those you'll find at their website. The idea is to make it as easy as possible for your hiring manager to see you fitting in with the existing staff.

## EDUCATION AND TRAINING

Your Teacher Training — 200 Hours completed date TK

When relevant, give the lead teachers' names. If there is a particular slant to your training—it's in a branded style of yoga, or focused on yin or therapeutics or kirtan or something specific—add it.

Any Other Relevant Workshops/Trainings — length, date completed

This could be a specialization in kids' yoga, prenatal yoga, etc.

Your Academic Degrees, if Applicable — Degree, Year

If you completed college or graduate school with a major in a yoga-related or caregiving field (nursing, dance, exercise physiology, religion, philosophy, psychology), list it. You do not need to list non-yoga-related education, like your major in statistics or your high school.

Job Title, Company Name; City, State — Dates–Dates

Your background in dance or gymnastics or improv theater would go on here; your work as a hotel reception desk agent or a waiter could arguably appear on your yoga résumé, as it's customer service; the work-study you did in the music library in college or your time scooping ice cream as a teenager isn't relevant.

## TEACHING EXPERIENCE

Class, Studio, City, State — Start and End Dates

If you're already teaching yoga, list your classes here, with start and—when relevant—end dates. If you taught at a unique time, like 5:30 a.m. or Sundays at 8:00 p.m., or a prime-time spot like Tuesdays at 6:00 p.m. or Saturdays at 10:00 a.m., add that, as it will let your hiring manager know you're flexible and capable.

If you've been teaching for a long time, you need not list every class, just the highlights. List the locations where you've taught, with a line or two about the classes you led.

If you haven't started teaching yet, you may need to reach to fill your teaching experience section. That's OK! You have already taught as part of your teacher training; describe that. Did you lead ten-minute classes? Sixty-minute classes? Community classes? Did you volunteer to practice on groups of friends and family? Show that you are actively creating opportunities for teaching.

## SKILLS

If you've been involved with running a studio in any capacity, from sweeping floors to stocking bathrooms to checking in students to selling retail, list it here. If you have familiarity with studio management or scheduling software like MindBody Online, Wellness Living, Tula, or Vagaro, highlight that with a line or two about what kind of work you did in the software (class check-in, appointments, contracts).

If you have skill in a foreign language, particularly if you can teach yoga in Spanish or another common language, add it here. Likewise, add CPR/AED certifications, first aid skills, or other special skills.

## REFERENCES

Enlist three references. These can include the studio manager or owner where you're teaching, if you are; your teacher trainer or other yoga mentor; and a well-spoken student who's taken your class regularly. If you are not teaching yet, list a colleague from teacher training who can speak about your development and growth as a teacher. Check with each of these individuals to confirm they are willing to give you a positive recommendation before listing them as references.