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करियर शीट · CAREER SHEET

योग प्रशिक्षक

A Yoga Instructor is a trained expert who teaches people asanas (postures), pranayama (breathing), meditation and healthy living to keep the body and mind well. Yoga is India's ancient science, now embraced worldwide to fight...



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श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A Yoga Instructor is a trained expert who teaches people asanas (postures), pranayama (breathing), meditation and healthy living to keep the body and mind well. Yoga is India's ancient science, now embraced worldwide to fight stress, obesity and lifestyle diseases. An instructor conducts classes, tailors practice to each person's ability, corrects wrong postures and ensures safe practice. After certification from the Ministry of AYUSH's Yoga Certification Board (YCB), this career spans studios, gyms, schools, wellness resorts, online platforms and jobs abroad, with demand rising sharply since the International Day of Yoga.

2 At a glance

Minimum qualification	Class 12 pass; YCB certification (min. age 15+)
Course duration	About 1.5–6 months (200–300 hours)
Starting salary	₹15,000–25,000/month
Work mode	Studio/gym/school, online, freelance and abroad

3 What you need

INTERESTS

- Deep interest in fitness, health and wellness
- Passion for yoga, meditation and body-mind balance
- Enjoy helping and motivating people

ABILITIES

- Physical flexibility, balance and stamina
- Patience, discipline and a positive nature
- Ability to explain and demonstrate clearly

KEY SKILLS

- Correct practice and teaching of asanas, pranayama, kriyas and meditation
- Understanding of anatomy and safe practice

- Planning classes to suit each person's age and ability
- Communication, motivation and group-management skills
- Online classes, social media and basic marketing
- Spotting and correcting wrong postures
- Basic knowledge of yoga philosophy (Patanjali, Gita, Hatha)

4 How to get there

- 1 Complete Class 12 and start regular yoga practice.
- 2 Take a yoga instructor course at a recognised institute (S-VYASA, MDNIY, a university or a YCB-accredited centre).
- 3 Get YCB certification from the Ministry of AYUSH — Level-1 'Yoga Protocol Instructor' or Level-2 'Yoga Wellness Instructor'.
- 4 Gain experience as an assistant instructor at a studio, gym or school.
- 5 Grow your career with regular classes, online batches or personal clients.
- 6 Later, move into yoga therapy, specialisation or your own studio/wellness brand.

MAIN EXAMS

- YCB Level-1: Yoga Protocol Instructor certification exam (Ministry of AYUSH)
- YCB Level-2: Yoga Wellness Instructor certification exam (useful for government jobs)

5 Where to study

GOVERNMENT INSTITUTES

- Morarji Desai National Institute of Yoga (MDNIY), आयुष मंत्रालय — New Delhi (<https://www.yogamdniy.nic.in/>)
- योग प्रमाणन बोर्ड (YCB) मान्यता प्राप्त केंद्र, आयुष मंत्रालय — All-India network (<https://yogacertificationboard.nic.in/certification-of-yoga-professionals/>)
- जैन विश्व भारती संस्थान – योग एवं जीवन विज्ञान विभाग — Ladnun, Nagaur, Rajasthan (<https://www.jvbi.ac.in/>)
- राजस्थान विश्वविद्यालय – योग शिक्षा में पीजी डिप्लोमा — Jaipur, Rajasthan (<https://www.uniraj.ac.in/>)

PRIVATE INSTITUTES

- S-VYASA (Swami Vivekananda Yoga Anusandhana Samsthana) – योग इंस्ट्रक्टर कोर्स — Bengaluru, Karnataka (<https://www.svyasa.edu.in/yoga-instructor-course.php>)
- The Yoga Institute — Mumbai, Maharashtra (<https://theyogainstitute.org/>)

ONLINE

- स्किल इंडिया डिजिटल हब — Online (<https://www.skillindiadigital.gov.in/>)
- प्रमाणित योग प्रोफेशनल्स – आयुष योग पोर्टल — Online (<https://yoga.ayush.gov.in/YCB/certified-yoga-professionals>)

FEES

At government institutes (MDNIY, universities) yoga instructor/certificate courses cost roughly ₹5,000–30,000; the YCB certification exam fee is a few thousand rupees (about ₹1,500–3,500) depending on level. Private yoga schools' 200–300 hour teacher-training courses can range from ₹30,000 to ₹1,50,000.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study – Vocational/AYUSH Scholarships (<https://www.buddy4study.com/>)

6 What the work is like**WHERE YOU WORK**

Yoga studios, fitness gyms, schools and colleges, wellness resorts and spas, hospitals/wellness centres, corporate offices, online platforms and abroad (Gulf, USA, Europe).

WORK CULTURE

Work is often split into morning and evening classes, with midday free for personal practice or online sessions. It is a flexible career allowing freelancing, running your own studio and teaching online. Staying fit and disciplined yourself is essential.

WHO HIRES

- | | |
|--|---|
| • Yoga studios and modern fitness gym chains (Cult, Anytime Fitness, etc.) | • Wellness resorts, spas and Ayurveda/naturopathy centres |
| • Schools, colleges and universities (including Navodaya/Kendriya Vidyalaya) | • Hospitals, corporate companies and government AYUSH/wellness programmes |

- Online wellness platforms and apps (cure.fit, Sarva, etc.)
- Yoga studios and wellness centres abroad (Gulf, USA, Europe)

DEMAND (2026)

The International Day of Yoga (21 June) and the booming global wellness industry are driving rising demand for yoga instructors every year. In India there is demand in gyms, schools, hospitals and AYUSH programmes, while abroad Indian instructors are especially sought after as yoga is seen as India's gift. Through online classes and social media an instructor can now reach students worldwide, making this a fast-growing career.

7 Career growth

- 1 Yoga Instructor / Yoga Protocol Instructor (entry)
- 2 Senior Yoga Instructor / Yoga Wellness Instructor
- 3 Yoga Therapist / Master Trainer (specialisation)
- 4 Own yoga studio, teacher-training school or wellness brand

EARNINGS

Starting	₹15,000–25,000/माह
Mid level	₹30,000–60,000/माह
Senior level	₹80,000–1,50,000+/माह

Entry-level yoga instructors typically earn ₹15,000–25,000/month, while experienced instructors in metros can earn ₹80,000–1,50,000+/month through personal classes and multiple income streams. Abroad (USA, UK, Dubai) pay is much higher — around \$40,000–75,000 a year in the USA. Income depends on location, experience, brand and online presence.

8 The good parts · The challenges

The good parts

- A flexible, respected career in the booming global wellness industry
- You keep your own health, fitness and peace of mind alongside work
- Many options — freelance, online, own studio and jobs abroad

The challenges

- Income can be irregular and limited at the start
- Early-morning and evening classes, plus work on holidays
- Must stay fit, injury-free and constantly updated

9 Real-life journeys

Himalayan Siddhaa Akshar

Yoga guru and founder, Akshar Yoga Kendraa, Bengaluru

Born into a military family in Himachal Pradesh, Himalayan Siddhaa Akshar (Grand Master Akshar) drew on the Himalayan yoga tradition to make yoga his life's work. He founded the Akshar Yoga Kendraa in Bengaluru and, teaching asana, pranayama and meditation, expanded his centres to France, the USA and the UK. His organisation has set several Guinness World Records for mass yoga and he has trained athletes such as Sunil Gavaskar and the Phogat sisters. His journey shows how, from a humble start, one can turn yoga into a career, a global following and one's own brand.

Wikipedia · https://en.wikipedia.org/wiki/Himalayan_Siddhaa_Akshar

Anshuka Parwani

Celebrity yoga and wellness expert, founder – Anshuka Yoga, Mumbai

A former national-level swimmer and commercial pilot, Anshuka Parwani's life changed after a serious accident left her bedridden for months. During recovery, yoga gave her a new path, and in 2015 she founded 'Anshuka Yoga' in Mumbai. Today she trains actresses like Deepika Padukone, Alia Bhatt, Kareena Kapoor and Ananya Panday, and inspires lakhs of people on social media. Her story is an inspiration for every girl who wants to build a strong, independent and respected career in yoga.

Entrepreneur India · <https://india.entrepreneur.com/women-entrepreneur/the-triumphant-yogi-anshuka-parwani-celebrity-wellness/471743>

10 Sources & further reading

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4. Yoga Teacher Salary Guide 2026 – Swaastik Yog School — <https://www.swaastikyogschool.com/blog/yoga-teacher-salary-india-a-broad-2026>
5. Yoga Instructor Salary – Indeed India — <https://in.indeed.com/career/yoga-instructor/salaries>



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