



BEGINNER'S YOGA COURSE: **YOUR CHECKLIST**

- ☐ Plan your budget - Consider profit & expenses
- ☐ Write examples of the type of course you'd like to teach
- ☐ List the outcomes of your course
- ☐ Conduct market research on your course topic
- ☐ Start advertising to create demand (optional)
- ☐ Offer short intro classes to gain sign-ups (optional)
- ☐ Identify the aims of each lesson in a table
- ☐ Consider how you will create familiarity in each lesson
- ☐ Introduce new information and gather feedback
- ☐ Identify your motivators
- ☐ Set homework for the students
- ☐ Have opportunities for the students to stick with you
- ☐ If you haven't already, implement a database