

Self-Inquiry Questionnaire

Ask yourself the following questions. Write your answers in a notebook or journal so that in the future you can look back on your responses to see how you may have evolved in your knowledge and applications. Be honest; no one but you will see your answers. The purpose of asking these questions is to increase your awareness—not to be “right.” Note: Reading chapter 2 will give you a good idea of the relevance of your answers.

1. Why do you want to teach yoga?
 - a. money
 - b. easier on my body than teaching other fitness classes
 - c. boss told me to
 - d. to get more yoga workouts
 - e. other
2. How often do you practice yoga?
 - a. occasional conference or workshop
 - b. average of 30 minutes per day or more at home
 - c. group class at least twice a week
 - d. video workout every once in a while
 - e. other
3. What is your motivation for practicing yoga?
 - a. to meditate better
 - b. to improve flexibility or strength
 - c. to look good while I teach
 - d. to deepen my understanding of the asanas and overall philosophy.
 - e. other
4. How often do you meditate?
 - a. have never tried it
 - b. tried it but could not get into it
 - c. every once in awhile
 - d. at least two minutes a day
 - e. other
5. What would you do if a student cried during or at the end of class?

6. What would be your response if a student asked to see you socially outside of class?

7. What would you do if a new student whom you had never met rushed into the class 10 or 20 minutes late?

8. True or False:

- a. I feel somewhat embarrassed to teach yoga because I do not feel that my body looks good enough in the poses. _____
- b. I feel somewhat guilty because I teach yoga, yet I drink alcohol and/or eat meat. _____
- c. If I needed to tell one of my yoga students to refrain from wearing a strong perfume because it disturbed other students, I would be afraid of creating hurt feelings. _____
- d. I do not care what my students think of me. _____
- e. It is extremely important to maintain strict order in my classes. _____
- f. It is important to me that my students like me. _____
- g. I should know every student's medical history in order to teach him or her in a safe manner. _____
- h. All students automatically give consent to be physically adjusted by the fact that they are in my class. _____

9. What are the top qualities that a yoga teacher should have?
