

Yoga for Strength and Flexibility



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Adding Yoga Strength Training to Your Programming



Yoga is an ancient practice, and how could 5,000 years of enthusiasts be wrong? Although originally more of a spiritual practice, yoga today has become a fitness craze. And there's good reason for that. The many benefits of regular yoga practice include:

- Increased flexibility
- Improved balance
- Better posture
- Stress relief
- Lower blood pressure and reduced heart rate
- Improved focus
- Greater endurance
- Relief from joint pain (knees, shoulders, and elbows)

These are just a few reasons to try yoga and to make it a regular part of your or your clients' fitness routines. Need another? How about strength? While it may not be as rigorous as serious weightlifting, yoga can improve muscle strength.

Yoga is a great addition to a training session for all kinds of people: [clients who worry weights will bulk them up](#), a dedicated [bodybuilding client who could use greater flexibility](#), and any client interested in trying something different to add variety to an otherwise stagnant strength routine.

Yes, Yoga Builds Strength

There are a lot of positive health benefits to practicing yoga, but for most people who do it, strength is lower on the list. But yoga does develop strength in both muscle and bones. You can get stronger doing this kind of exercise.

Yoga is what we refer to as a bodyweight exercise. This means you are supporting the weight of your body when you do it. Think of being in a plank position, for instance. Your arms and your core hold up the weight of your body. Over time, this improves strength.

For naysayers who can't think of yoga as a strength workout for a number of muscle groups, share these research findings:

- A 2012 study found that women who completed two 60-minute Ashtanga yoga sessions—this is the more intense kind of yoga known as power yoga—per week for eight months had improved leg press strength as compared to women who did not do yoga.⁽¹⁾
- In a study of 26 participants between the ages of 20 and 58, six weeks of regular yoga improved core and upper body strength. Better results were seen with Ashtanga yoga.⁽²⁾
- A study from India measured results of daily Hatha yoga sessions over a 12-week period. The results indicated that people of all ages experienced increased strength in hand grip and in the legs. For older participants, this type of yoga practice can help offset age-related muscle loss.⁽³⁾

So, yes, yoga does improve muscle strength. But that still leaves the question: *Can yoga be your only form of strength training?*

Yoga Strength Training—Is it Enough?

The answer to this important question varies. [Strength training](#) in different forms can meet a variety of needs. If you have a client who has modest strength goals and puts a greater priority on overall health, stress relief, and meditation, yoga could be enough.

A regular yoga practice can also [help your weight-fearing clients](#) get over the intimidation factor and embrace lifting. This makes it a great addition to their cardio routine.

A client who really wants to get strong, who wants to develop bigger muscles, or is interested in weight lifting will not likely meet their goals solely with yoga. But this client can still benefit from adding yoga once or twice a week.

Yoga benefits specific to weight training include:

- Increased flexibility with improved strength
- A style of strength training that mimics the body movements we engage in daily
- Moves that target multiple muscles at once rather than isolating single muscles, providing a solid workout for a variety of muscle groups
- Improved muscle endurance and stamina

How to Get More Strength Training out of Your Regular Yoga Practice

Regardless of what your clients' ultimate goals are, or your own for that matter, adding yoga postures can be beneficial in so many ways.

For those who are really interested in developing strength and bigger or stronger muscles, yoga can complement lifting and other types of weight training. For those with more modest goals, yoga is a good way to work on strength too, as a supplement to other types of training such as cardio and stretching.

If you want to add in more yoga for strength training, there are some ways you can make it more effective in developing muscle strength:

- **Hold poses longer.** To get more out of each and every yoga pose, simply hold it longer. You'll feel the burn and realize that you are most definitely working on strength as your muscles begin to wobble. That said, if holding a particular pose creates pain in the knees, hands, or shoulders, focus on increasing the length of other postures instead.

- **Use repetition of poses.** You can also repeat certain poses several times to get in more strength training. Choose which muscles (or muscle groups) to focus on, select a few poses, and repeat them multiple times.
- **Add weights.** Yoga is a bodyweight exercise, but you can increase that weight to develop more strength. Try adding wrist or ankle weights for a more effective weight training routine. You can also hold weights in your hands for some poses, like Warrior I and Warrior II.
- **Try power yoga.** Power yoga classes, also known as Ashtanga yoga, offer a more intense, rigorous workout with more difficult poses and quick movements from one to the next. It's like a cardio yoga workout.
- **Modify poses.** Make changes to increase the difficulty level. For instance, combine Chaturanga with a push-up (as long as your hands can take it). These triceps push-ups are tough. Also try turning Warrior poses into standing lunges for a great leg workout or adding shoulder presses to Downward Dog.
- **Incorporate yoga postures that work all muscle groups.** Choose poses that work a variety of muscles. Incorporate movements that build your shoulders, thighs, hamstrings, and glutes. Don't forget to work both sides of the body so you work each leg and arm muscle the same amount.

Yoga may not be enough strength training for everyone, but for nearly anyone, it is a great addition to a fitness routine and can be an important part of strength workouts. Use it for your own workouts and add in some yoga moves to help your clients build strength and flexibility.

To learn more about yoga, the benefits it offers, and how to teach it to clients, check out [ISSA's Certified Yoga Instructor program](#). This online course helps you better understand the value yoga has to offer, as well as how to relay that value to your clients so you can grow your fitness business.

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Yoga for Strong Glutes



Although [genetics is a large contributor to the shape of a client's backside](#), diet and exercise can definitely alter the appearance of a client's glutes.

Consistent yoga practice can improve the look of the glutes simply by correcting posture. However, there are several yoga poses that can help strengthen and improve the appearance of the glutes as well.

Follow along as we discuss basic glute anatomy and five key yoga postures that can help your clients build a stronger booty.

The Glutes

Although many people desire [strong, lean glutes](#) for aesthetic purposes, the glutes play a role in several movements and pelvic stability. Also, [weak glutes can contribute to knee and back pain](#)—therefore, the glutes should be a priority during training.

The glutes (butt muscles or gluteal muscles) are a collection of three muscles on the posterior side of the body:

- Gluteus maximus
- Gluteus medius
- Gluteus minimus

The gluteus maximus is the largest of the three glute muscles and is primarily responsible for the shape of a client's butt. It's responsible for hip extension and externally rotates the thigh. The gluteus medius and gluteus minimus are smaller muscles located deeper than the gluteus maximus. They help abduct and internally rotate the leg.

It's helpful to understand the function of each muscle because as your client moves through each yoga posture you can identify which glute muscles are being used ⁽¹⁾⁽²⁾⁽³⁾.

Glutes are one of the common areas clients want to address—help them crush their goals with [ISSA's Glute Specialist Certification](#). It's the fastest way to jumpstart your personal training career!

Yoga Poses for Strong Glutes

It's common for yoga postures to be held for several seconds, which means the muscles are working to balance and stabilize the body—the postures are more of an isometric muscle contraction. However, flowing from pose to pose or posture repetitions with shorter holds can help incorporate more concentric and eccentric contractions.

The following list includes five yoga postures your clients can do to help strengthen their glute muscles.

1. Extended Hand-to-Big-Toe Pose (Utthita Hasta Padangustasana)

Beginning from a standing posture, your client will bring their right knee up towards their core and grip the right big toe (or outside of the foot) with the right hand (a strap can be used if needed). Keeping the standing leg

strong and maintaining the grip on the foot, they will slowly extend the right knee out in front of them. When in a stable position, they will slowly open the right hip and rotate the right leg and arm out to the side of the body. Ensure the standing leg is stable and contracted, they will hold the position before rotating back to center and releasing the leg down to the starting standing position.

2. Upward Plank Pose (Purvottanasana)

Your client will begin the posture by sitting on the floor with their legs extended out in front of them. With their palms resting on the ground and fingertips pointing toward the toes, the client will press the bottoms of the feet into the floor, roll the shoulder blades back, and lift the chest and hips toward the ceiling. The spine should be aligned from the top of the head to the pelvis. The client will hold this position and slowly lower back down to the starting seated position.

3. Bridge Pose (Setu Bandha Sarvangasana)

The client will begin by lying on their back with their knees bent and the bottoms of the feet pressed into the floor. While resting the arms on the floor at their sides, the client will press the hips up toward the ceiling. When the hips are raised, they will bring their hands together under the hips (while remaining straight and on the floor) and clasp them. The client will hold the posture and then slowly lower back down to the starting position.

2. Locust Pose (Salabhasana)

The posture begins with the client's belly down and legs extended out behind them. Arms should be resting at the sides with palms facing down and the fingers pointing toward the direction of the toes. With the toes pointed at the back wall, the client will slowly lift their torso so the shoulders and chest come off the floor. The client will lift their arms off the floor and reach back as they lift with their torso. They will hold the posture and slowly lower back down to the starting position.

3. Warrior III (Virabhadrasana III)

There are a few different ways to get into the warrior III pose. We'll focus on getting into the posture from a basic standing position. The client will begin in Mountain Pose (Tadasana) which is a standing pose. They will engage the core muscles, step forward with the left foot and reach the arms up toward the ceiling. They will lift the right foot off the ground behind them, hinge at the hips, and lower the upper body toward the floor, keeping the hips square. With a straight right leg, the client will hinge until their upper body is parallel with the ground (the body will create a letter "T"). The head should stay in alignment with the spine throughout the entire movement into, out of, and during the posture. They will hold the pose and then reverse the movement back to the starting position.

Many other yoga poses help stretch out the hip flexors or strengthen the glute muscles, which can alter the appearance of your client's backside. Regardless of the postures you choose to help your clients, correct alignment and form, as always, is essential.

Do you love yoga? Want to help others learn and benefit from the ancient practice? [ISSA's Yoga Instructor Certification](#) will prepare you with the fundamental skills and tools you need to design your own classes!

Yoga for Your Hip Flexors



When your personal training clients experience hip flexor tightness, it can cause pain. If this pain becomes too intense, they may begin to avoid their training sessions.

For those that continue to exercise, a tight hip can also impact the way they work out. For instance, one study on female soccer players found that different neuromuscular strategies were employed when they had tight hips. These strategies helped them better control their lower extremity motion. But they also reduced activation of the gluteus maximus muscle.⁽¹⁾

Helping clients ease tight hip flexor muscles can prevent pain and the creation of alternative movement strategies. Strategies that can limit their performance and fitness potential. This begins with understanding what muscles make up the hip flexor.

Hip Flexor Muscles

The term “hip flexor” refers to a group of muscles that run from the lower back to the knee. These muscles aid in lower body movements. Walking, running, kicking, and squatting all use hip flexor muscles.

Muscles included in the hip flexor group are:

- **Iliopsoas muscle.** The iliopsoas is actually two different muscles that help stabilize the lower back: the psoas muscle and the iliacus muscle. The psoas muscle runs from the lumbar spine (lower back), through the pelvis, and attaches to the femur (thigh bone). The iliacus muscle attaches the pelvis to the femur and is used to rotate the thigh.
- **Rectus femoris muscle.** The rectus femoris attaches the pelvis to the knee. It is also the quad muscle that is used when performing squats or lunges.
- **Sartorius muscle.** Also running from the pelvis to the knee, the sartorius muscle is used to flex the knee and leg.
- **Pectineus muscle.** More commonly known as the groin muscle, the pectineus is used in hip flexion. It is also used for thigh rotation and adduction.

Causes and Symptoms of Tight Hip Flexors

One category of people at a higher risk of developing tight hip flexor muscles is those who sit for long periods of time. This includes workers who spend their days at a desk. Truck drivers and other long-distance drivers fit into this category as well.

Clients who participate in activities that involve bringing their knee toward their torso may also experience hip flexor tightness. Runners, martial artists, and dancers all engage in this type of movement. Thus, they may notice more issues in their hip and upper thigh.

Participating in lengthy seated sporting events can also lead to tight hips. [Cyclists](#) and rowers are two to consider. Working with these types of clients to help them relax their hip muscles can provide benefit.

Sometimes a tight hip flexor is caused by structural imbalances in the body. If the left leg is shorter than the right leg, for instance, it can impact hip flexor structure and function.

Poor posture is another factor that can cause hip flexor muscles to tense up. For example, if you tend to lean more toward your right leg when bending forward, it could cause that hip flexor to tighten.

How can clients identify whether they have [tight hip flexor muscles](#)? Symptoms typically include:

- Hip pain or stiffness, especially after not moving for a period of time
- Swelling or bruising in the hip or thigh
- Muscle spasms in the hip or thigh
- Discomfort or pain in the lower back or neck
- Cramping or tenderness in the thigh
- Trouble standing upright
- Difficulty engaging in lower body movements (kicking, jumping, etc.)

One sign to watch for as a personal trainer is whether your client is limping. If they are, it's possible that the hip flexor may be to blame.

Yoga Poses for Tight Hip Flexors

Yoga provides many advantages for clients who struggle with hip pain or stiffness from tight muscles. First, some of the poses help open the hips. They create a hip stretch due to the position of the hip joint.

Yoga also helps [strengthen the hip flexor muscles](#). This muscle strength comes from holding certain poses for 30-60 seconds at a time. The stronger these muscles are, the more they are able to assist the body with normal function and movement.

If your goal is greater hip flexor mobility, yoga provides this benefit as well. For example, a 2016 study revealed that yoga helps improve flexibility and balance. This can also lead to better sports performance.⁽²⁾

Which yoga poses help open tight hips? Here are a few to consider:

- **Garland pose.** This pose is a good hip opener. To perform it, stand with your feet slightly wider than your hips. Your feet should be pointing slightly to the sides. Bend your knees and lower your body to the ground. Keeping your heels pressed to the ground, place your hands in a praying position. Your elbows will rest on your inner knee.
- **Pigeon pose.** From a downward dog position, lower your right knee and shin to the ground, placing the knee behind your right wrist. Now lower your hips, turning your right foot on its side. Continue lowering your entire body until your torso is lying directly on your right leg, which is bent beneath you. Repeat with the left leg.
- **Lizard pose.** This yoga pose begins in a downward dog position. Drop your hips and bring your left foot

up by your left hand. Your left knee is next to your upper arm. Hold this hip flexor stretch before repeating on the right side.

- **Cow face pose.** In this position, you are seated with your right leg crossed over your left leg as much as possible. Your right thigh is rotated outward at the hip joint. Your right foot is lying on its side, the ankle bone touching the ground. Repeat with the left leg on top.
- **Half frog pose.** To do this hip stretch, lie on your stomach with your upper body propped up on your forearms. Bend your left leg, bringing your left foot toward your buttocks. Grab your left foot with your left hand and press your foot toward the ground. Repeat on the other side, bending your right knee and placing pressure on your right foot to elongate the stretch.
- **Crescent lunge.** This pose involves moving into a lunge position while sliding the left leg slides backward. The left knee and shin are resting on the ground. The right leg is in front with the right knee bent. The hands can either be extended upward or you can place them on your thigh as you lean forward into the stretch.

If your client is a beginner, the garland pose, lizard pose, and cow face pose are all fairly easy while aiding in hip opening. The crescent lunge, pigeon pose, and half frog pose are slightly more advanced.

Transitioning from one yoga pose to the next should be a slow, controlled movement. This helps ensure that the hip muscles are stretched without increasing injury risk or pain.

Interested in learning more about yoga and how it can benefit your clients and expand your personal training business? Check out [ISSA's Certified Yoga Instructor](#) course to increase your knowledge and help clients meet their goals!

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Yoga for Upper Body Strength



Yoga has a lot of benefits, for both mental and physical health⁽¹⁾:

- Yoga boosts weight loss and helps with weight maintenance.
- Regular yoga practice improves cardiovascular health, including lowering blood pressure.
- Yoga improves self-image and makes you more mindful, which helps curb overeating.
- Doing yoga reduces anxiety and tension in the body.
- Yoga improves flexibility and posture.
- Yoga improves muscle strength.

It's this last one that may trigger some skepticism in your training clients. Can yoga really build muscle? Isn't it better to lift? Some clients may love standard strength training. For those who don't, yes yoga can be a great alternative, especially for upper body strength.

Yoga as Bodyweight Training for Strength

The way that yoga works to increase strength is through bodyweight training. As opposed to weightlifting, which uses added weights, bodyweight training uses just the weight of your own body. In bodyweight training, you are simply resisting the force of gravity on your body, but doing so can give big results.

Bodyweight training is a type of exercise termed closed-chain. This means you move your body through an exercise as compared to lifting or moving a weight, which is called an open-chain exercise. Studies indicate that closed-chain workouts build more strength.

In one study, participants who performed closed-chain, bodyweight exercises for six weeks saw an average increase in strength of 31 percent. Those who did open-chain workouts saw just a 13 percent improvement in strength measures⁽²⁾.

The bottom line is that any kind of strength training is beneficial and a crucial part of overall fitness and wellness. However, if you have clients that resist traditional lifting and strength workouts, there are many reasons to try yoga instead.

Yoga Poses for Upper Body Strength

With so many benefits of practicing yoga, and the ability of this kind of training to improve muscle strength, why wouldn't you do it. Many yoga poses focus on positioning the legs and building lower body strength. There are also poses that really work the wrists, arms, shoulders, chest, and upper back. Here are some of the best poses and movements from yoga that build upper body strength.

Downward Dog and Variations

Downward-facing dog pose is popular for good reason. It's easy for anyone to do and it provides a great stretch through the legs and lower back. It also requires arm strength in order to hold it. Variations on the move give you extra upper body strength work.

To do the downward dog pose, plant your hands firmly on the ground, about shoulder-width apart. Walk the feet back and lift the hips. Just holding this position works the arms and shoulders, but you can try some moves to build more strength:

- With your head down, bend at the elbows and raise back up. Like a variation of a push-up, this works the shoulders.
- With arms straight, lift the right leg as high as possible while still keeping it straight. Hold and then repeat with the other leg.
- Take this to dolphin pose by doing downward dog with your forearms pressed into the floor instead of your palms. This is a good shoulder stretch.

Locust Pose

Try this easy pose to strengthen the upper back. Lying on your stomach and with your arms straight and close to your sides, lift your head, shoulders, and chest. It can take some practice to get flexible in this position, so don't push it too hard initially. Hold and repeat. You can also lift the legs to include a lower back and glute strengthening move.

Chaturanga

Like a plank, chaturanga pose really works the triceps in particular. In straight arm plank position, bend the elbows to 90 degrees. Tuck them in close to the body. You should feel this in your triceps and forearms.

Reverse Tabletop

This is another pose and movement that will really work the triceps and shoulders. It also stretches and opens the chest. Sitting on the floor, put your hands down behind your back, palms down and with your fingers pointing forward. With knees bent and feet shoulder-width apart, lift the hips and squeeze the glutes. Hold and repeat.

Scale Pose – Modified

You can work your way up to scale pose. This is not for beginners, but a modification is a great place to start and strengthens the shoulders and entire arm. For the actual pose, sit cross-legged, press the palms into the floor on either side, and lift your body off the floor. To modify, use wooden blocks to each side and press up from these. Hold the pose.

Crow Pose with Modifications

This is another fairly advanced move that really works the arms. Modifications will help you work up to it. To do the full pose, squat with feet a few inches apart. Spread the knees wider and lean forward to press the palms of your hands on the floor so that your arms are against your shins.

Continuing to lean forward, your shins will move toward your armpits as you lift your feet off the ground. Your knees should be pressed into the backs of your arms. Hold the pose for a full arm workout. Use these

modifications to work up to the full pose:

- Put your feet on wooden blocks for a lift assist.
- Put a block in front of you and rest your forehead on it as you develop better balance.
- Do the pose with elbows bent so that the arms act like a shelf for the legs. This lowers the center of gravity, making balancing easier.

The Wheel

On your back with knees bent and feet shoulder-width apart, bend your arms back behind your shoulders, palms on the floor. Press the hands and feet firmly down to lift the rest of the body. You can hold this pose or turn it into a type of push-up. Straighten the arms as much as possible and then bend at the elbows to really fire up the shoulders and upper arms.

Handstand

This is a real master move that requires strength and balance. It's a great goal to work toward when developing upper body strength. Use a spotter, or be your client's spotter, for the first attempts. Alternatively, use a wall to rest and support the legs. Before trying handstands, be sure there is nothing to crash into when you fall. And you likely will fall the first few times you try it.

Yoga is a great workout. It builds flexibility, improves balance, and yes, it builds strength. There are plenty of poses that require upper body strength. If you can work your client through these starting with those that are easier, you'll help them get much stronger in the arms, shoulders, and back.

The ISSA now offers a [Certified Yoga Instructor Course](#). Learn how to teach yoga and help clients improve strength and other fitness and health measures through this ancient practice.

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What is the Best Yoga Certification to Be a Yoga Instructor?



If you have a passion for yoga, whether or not you already work as a personal trainer, you may have dreamed of making a career out of it. So, what's holding you back? Is it the worry that you need some extensive education and expensive credentials?

We can assure you that certification for yoga can be simple, easy, and quick while still providing you with the fundamentals needed to instruct others. There are no actual legal requirements for calling yourself a yoga instructor and working as one, but certification is a must for a serious career.

The best yoga certification is the one that meets your needs, provides the fundamental knowledge you need as a teacher to lead others, and will help you land a job or start a successful, independent business.

Why Get Certified as a Yoga Teacher?

First of all, there are many good reasons to become a yoga instructor: a great job helping people meet fitness and other health goals; doing work that you love; doing a job that allows you to be active; job security as the industry grows; and, of course, your own personal reasons.

But the truth is that you don't technically have to be certified to call yourself a yoga instructor. So, why should you?

1. Teaching yoga is so much more than knowing how to do it yourself. You may be an experienced practitioner, but being able to lead others, to help them position their bodies and do poses with proper form is something you must be taught.
2. Other instructors are certified, and you'll be competing with them for clients. Who would you hire as an instructor, someone certified or a teacher with no training?
3. Many gyms and studios require certification when they hire instructors.
4. An actual course that leads to certification will deepen your knowledge of the fundamentals of yoga and the history and philosophy behind this ancient practice. It's a great opportunity for both personal and professional growth.
5. Even if you can find work as an untrained, uncertified yoga teacher, you will be able to earn more when you can show credentials and an education.

If you're already a personal trainer, can you teach yoga? Sure, but it's still important to get yoga-specific training. [This ISSA blog breaks it down for you.](#)

What to Look for in a Yoga Instructor Certification Courses

If you really want to make a career out of instructing others in yoga, you need a more focused and robust program for your yoga training. The right yoga teacher training course will teach you all the skills needed to

lead others, to draw clients, and to land a job at a gym or yoga studio. There are many factors to consider when choosing the best yoga certification:

Check Out the Course List

A comprehensive certification course should cover a range of topics related to yoga and instruction to prepare you for the industry. Don't settle for a program until you have seen what it has to offer. Look for courses and instruction in:

- The physical and mental health benefits of regular yoga practice
- Basics of yoga anatomy and physiology and how the body moves
- Yoga asanas, and how to perform them with correct form and breathing
- The elements of the yoga philosophy and lifestyle
- Teaching methodology and skills, guidance on developing your own teaching style
- Creating unique yoga programs and sequences of asanas
- Instructing a diverse range of clients and adapting yoga poses to meet their needs, limitations, and ability levels
- Business fundamentals to help you start your career, land a job, or open a small business

Look for Educational and Business Support

That last item on the course list is something you won't find in every yoga certification program, but it is so important. If you hope to make a successful, full time career of yoga instruction, you need to understand the basics of running a business, which includes budgeting and basic accounting, marketing, networking, and maintaining client records.

A great program for teaching you to be a yoga instructor will be well-rounded, combining yoga fundamentals with practical skills for your career. Look for things like a business class, educational support and online tools, job placement assistant, and even a free website or guidance on building a site for starting your new business.

An Overview of the Many Yoga Styles

Choose a program that at least touches on the different styles of yoga, of which there are many. The most useful program for becoming an instructor, though, will focus on Vinyasa yoga. According to surveys, this is the most common, widely practiced yoga style (1). It's what most clients will expect when working with an instructor.

A lot of trending types of yoga workouts fall into the Vinyasa category, which is characterized by a series of yoga postures, known as asanas, that flow smoothly from one to the next. Variations of Vinyasa include Power yoga and Ashtanga. Vinyasa works for so many and is a perfect foundation for an instructor because you can do so much with it, including adapting those essential yoga techniques to various ability levels or for people with injuries, limitations, or special needs.

Once you have your initial certification, other areas you may want to specialize in could include the following:

- Hatha yoga
- Yoga nidra
- Yoga therapy
- Prenatal yoga
- Restorative yoga

Consider Practical Factors

You want the best possible training for your future career, but you also have practical limitations. Maybe you can't take time from work to train for a new career. Perhaps your funds for tuition are limited or you cannot travel to learn.

Look at things like cost, location, whether the classes are at specific times or more flexible, and choose an option that works for you. For many working adults, an online yoga teacher training program makes the most sense. You can learn everything you need to know to be a certified yoga instructor through a self-paced, online yoga course.

Avoid the Pressure-Sell from Popular Schools

In the world of yoga there are some clear forerunners in terms of the numbers of people they get through the door and certify. A common misconception is that becoming a certified yoga teacher from one of these programs is necessary to work in the industry.

There is no specific yoga school, certification, or program required for becoming a yoga instructor. Some of these top schools are very good, but they may not work for you. They may be too expensive or take too long to complete. Or, you may not be able to find a location near you. Avoid the pressure sell from these programs and know that you do not have to choose them for your yoga teacher certification.

So, What is the Best Yoga Certification Then?

Ultimately, the answer to this question is highly individualized. The best yoga certification or teacher training program is the one that best meets your needs. Go through all the considerations we have outlined here and choose a school or certification course you feel comfortable with.

It should provide you with foundational knowledge in the history and practice of yoga, an understanding of the benefits, guidance on teaching a yoga class to individuals and groups, tips on working with people of various ability levels, and help getting your business off the ground.

The right program should also meet your practical needs in terms of timing, cost, and location. Once you've chosen a good yoga certification program, you will be on your way to a great new career helping people use yoga for its numerous health benefits.

Ready to take your yoga knowledge to the next level? Expand your personal yoga practice, launch a new career, or expand your existing fitness offerings with [ISSA's Certified Yoga Instructor course!](#) You'll learn how to break down the poses, how to lead students, and how to develop easy-flowing yoga programs for all ability levels. Bonus—you can take your course online from the comfort of your own home!

References

1. Hunsberger, M. (n.d.). These Are the Most Popular Yoga Styles in the World. DOYOUYOGA. Retrieved from <https://www.doyou.com/these-are-the-most-popular-yoga-styles-in-the-world-55277/>