

1. Ms. Caryn – Entertainment and Arts – Yoga Instructor

I didn't think of working in the yoga industry before

I changed jobs several times after graduation

Since I was working as a PR at that time

The working hour was long and I often had to work overtime

Colleagues always asked me to work out for relieving stress

I started to do yoga

At first, I treated it as a stretching exercise since I had stiff muscles

Because of working overtime too frequently

My body condition became worse and fell ill seriously

So I chose to resign

Then I started to do yoga on alternate days

This lasted for two years

I found that my health, body shape and digestive system became better

I was happier than before

Doing yoga is really nice

So I started to think of working in this industry

Then I searched on the internet for becoming a yoga instructor and

Found many schools in Hong Kong and other countries

I chose to go to Bali because that school had a better reputation

I began working as a yoga instructor after completing the course

Since I usually organised the yoga class myself

I finished the promotion, design of leaflet and logo all by myself

Most of the time I practised at home

Or made reference to the teaching contents of other yoga instructors

In order to get inspiration and

I also study how to teach more smoothly

To prevent getting hurt

Since I am a freelancer
My working time is not stable
I usually have classes in the morning
And have to wait until evening for other classes after the students finished their work
I usually practice and design the movement
During the time gap
There are full of classes from noon to afternoon on Saturday and Sunday sometimes
The working locations also vary
Since there are workshops across Kowloon and the New Territories
Most of the time I may finish the class in Tsim Sha Tsui
Then I will have another class in Lai Chi Kok
And the next one will be in Prince Edward
Therefore, I need to travel to different places a lot
In fact, it is required to take a 200-hour yoga course
To become a yoga instructor
If you ask me whether one needs to learn yoga before taking this course
I think that it is necessary
It is because when you are at school
If you don't know what pose the teacher is doing
You will not know what you are doing as well
And this would be a waste of time and money
Hence I think that it is better to learn yoga
Before applying for a yoga instructor school
I can share my own experience
I have been doing yoga for two and a half years
You have to find out which type of yoga you like
Since there are different types of yoga
I have mentioned that I went to Bali for yoga study

That school was really nice
It taught yoga philosophy, history, technical training, provide practicum and so on
Hence the learning process was good
I found that I could understand my body and appreciate myself through meditation
It is important for yoga to bring the body and mind together
When we appreciate ourselves patiently
We will find that if we can do everything with focus and patience
We can make ourselves more relaxed
It would make it easier and more relaxing
There are several challenging things
First, to be a teacher
Since I don't have any teaching experience
I used to study business
That was my first time stepping into a classroom to teach
There were around 20 people
That was a large scale of class for a person who had no teaching experience
You would feel scared when the students looked at you
However, when you gradually gain more experiences
The fear would fade away slowly
Another challenge is course design
You want to teach a set of yoga
But you need to ask the students about the condition of their bodies
If there is a student who got hurt
Then you cannot teach that set of pose
You need to think of solutions
And which poses he/she is not suitable to do
You need to give him another choice to prevent injury
Students are also challenging

Since you can only get to know the students when you step into the classroom

You need to get to know and understand them within a few minutes

Some students are born to be more flexible

While some of them are more stubborn

They might do the wrong pose

In fact they can do more difficult poses

But if they do it wrong, it would hurt their muscles easily

Sometimes I would encourage them try to use yoga block or yoga rope for assistance

But they never listen