

Yoga Instructor cover letter

Two sample letters, experienced and fresher. Keep the one closer to your situation, replace the text in [brackets] and every detail with your own.

SAMPLE LETTER: EXPERIENCED

Dear [Organisation name] Team,

I am applying for the lead teacher position at your yoga studio chain. I have nine years of teaching experience in Hatha and Vinyasa, and I currently coordinate the class schedule at a studio in Pune with six teachers and around 300 active members.

I teach 15 classes a week, from gentle beginner sessions to an advanced arm-balance workshop that runs every month. When members told us weekend classes felt crowded, I split them into level-based batches and introduced a short orientation for new joiners, and cancellation complaints dropped within one quarter. I also observe each new teacher's first ten classes and give written feedback on cueing, sequencing and safe adjustments.

I hold a 500-hour teacher training certification and the Yoga Certification Board's Level 2 certificate, and I renew my first aid training every two years.

I would like to help your studios keep teaching standards consistent across branches while still teaching regularly myself. My notice period is 30 days, and I would be happy to take a class at your flagship studio so you can see my teaching first-hand.

Regards,
[Your name]

SAMPLE LETTER: FRESHER

Dear Studio Manager,

I am writing to apply for the yoga instructor position at your studio. I recently completed a 200-hour Hatha yoga teacher training course and I am preparing for the Yoga Certification Board's instructor exam. Your focus on small beginner batches is the setting where I feel I can teach most carefully.

During my training I completed 50 hours of supervised teaching, including classes for complete beginners and a weekly chair-yoga session for residents of a senior citizens' home. For the past five months I have also run a free morning batch in my apartment complex in Ahmedabad, which started with six people and now has 20 regular students. Before each new student joins, I ask about injuries, pregnancy and blood pressure, and I suggest a doctor's clearance where needed.

I am comfortable using blocks, straps and wall support so that every student has a safe variation, and I keep my cues simple in both Hindi and English.

I can take early morning and evening classes and I can join immediately. I would be glad to teach a demo class for you and your senior teachers.

Regards,
[Your name]

BEFORE YOU SEND IT

- Name your teacher training hours, style and any Yoga Certification Board level in the first paragraph, since studios and resorts check teaching credentials before inviting you for a demo.
- Never promise to cure illness or guarantee weight loss. Describe how you screen students and refer them to doctors, which reassures studios, hospitals and corporate clients alike.
- Offer a demo class in the closing line and mention the times you can teach, because most studios hire only after watching you lead a real batch.
- Skip long spiritual biography and philosophy passages. A short link to your website with class videos, a timetable and student feedback does more than extra paragraphs.