

Yoga Instructor interview checklist

Studios and wellness centres usually hold a short conversation about your training and style, then ask you to teach a demo class of twenty to forty-five minutes, followed by a discussion on schedule, pay per class and studio policies.

10 QUESTIONS TO PRACTISE OUT LOUD

1. How do you sequence a sixty-minute Hatha class for mixed levels?

What it checks: Whether you can build a safe, logical sequence with warm-up, peak and cool-down, and offer options for different levels.

2. Tell me about a time a student got hurt or felt unwell during your class.

What it checks: Whether you respond calmly, put the student's safety first, follow studio procedures and change your teaching after the incident.

3. What pay per class or monthly salary do you expect?

What it checks: Whether you know how yoga teachers are paid in studios, gyms and corporate settings, and can state a fair figure.

4. A student tells you they have lower back pain. How do you adjust the class for them?

What it checks: Whether you know safe modifications, stay within your scope and advise medical clearance when needed.

5. Describe a class where attendance was falling. What did you do?

What it checks: Whether you take responsibility for class quality and can grow a class by listening to students.

6. Which timings can you take, including early mornings and weekends?

What it checks: Whether you can cover the peak slots studios need most, such as early mornings and evenings, reliably.

7. Explain how you teach Kapalbhathi and who should avoid it.

What it checks: Whether you teach pranayama correctly and know its contraindications, which studios care about for safety.

8. Tell me about a student who made real progress with you.

What it checks: Whether you track individual students over months and can describe meaningful change in health and daily life, not only flexibility.

9. Why do you want to teach at our studio?

What it checks: Whether you understand the studio's style, community and students, and would fit its teaching culture.

10. How do you give verbal cues that a whole class can follow?

What it checks: Whether you can cue clearly and in order, so students move safely without watching you all the time.

TIPS FOR THIS INTERVIEW

- Prepare a twenty-minute and a forty-five-minute demo sequence with clear warm-up, peak and cool-down, and practise cueing it aloud without looking at notes.

- Revise contraindications for common pranayama and poses, including for back pain, high blood pressure, knee problems and pregnancy.
- Take a class at the studio before the interview to understand its style, props, music and the level of its students.
- Carry copies of your teacher training certificate, any specialisations, first-aid certification and a short list of classes you currently teach.

THE DAY BEFORE

- ☐ Confirm the time, venue or video link and the interviewer's name
- ☐ Plan your route and leave time for traffic, or test your camera, microphone and internet
- ☐ Keep copies of your resume, ID proof, certificates and photographs in a folder
- ☐ Iron your clothes and charge your phone and laptop
- ☐ Do one final run-through of your introduction, then stop and rest

ON THE DAY

- ☐ Arrive 15 minutes early, or log in 5–10 minutes early for a video call
- ☐ Greet everyone politely, including the receptionist or coordinator
- ☐ Listen to the full question, pause, then answer in a clear structure
- ☐ Take brief notes of names and key points
- ☐ Ask your prepared questions and confirm the next steps before you leave