



Online Yoga Classes: Survey Results

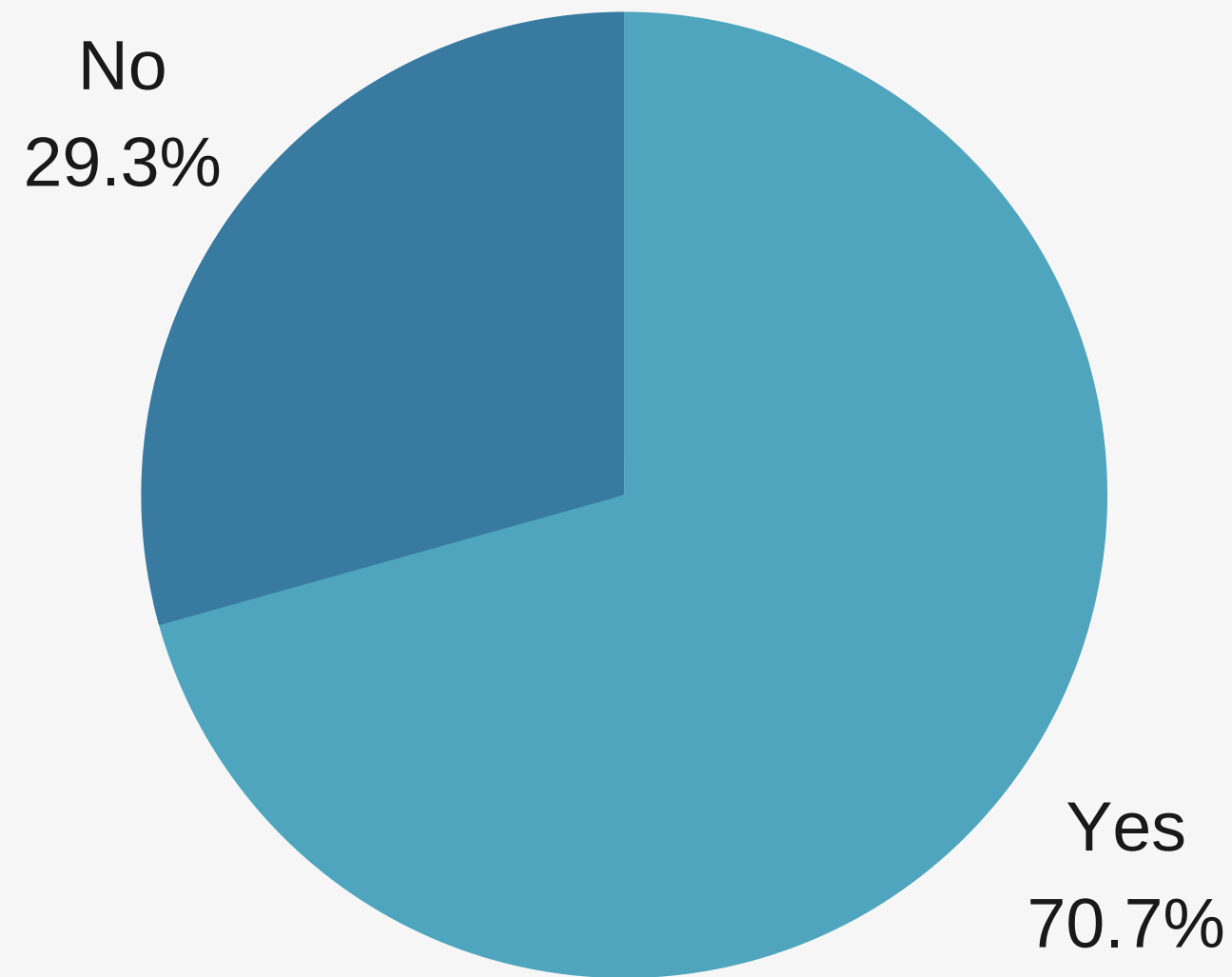
BY YOGA ALLIANCE PROFESSIONALS

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Statistics on Online Yoga Classes

The percentage of yoga teachers that moved their classes online



Why did some teachers not make the switch to online?

36%

Prefer to carry classes out in person

5%

Other personal reasons (including family/work commitments, confidence etc.)

5%

Students don't like online classes or they are unsuitable for online classes

3%

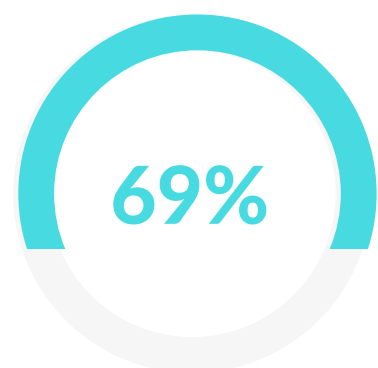
Not worth the money

12%

I have difficulties with online platforms / I have weak internet connection



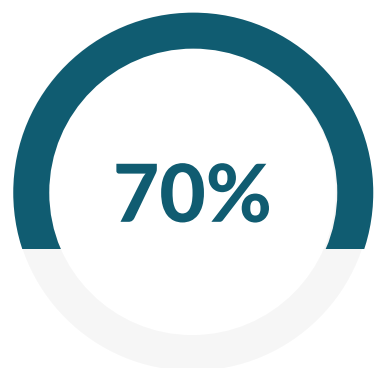
More information on how online yoga classes are run



Ask their students to have their camera on



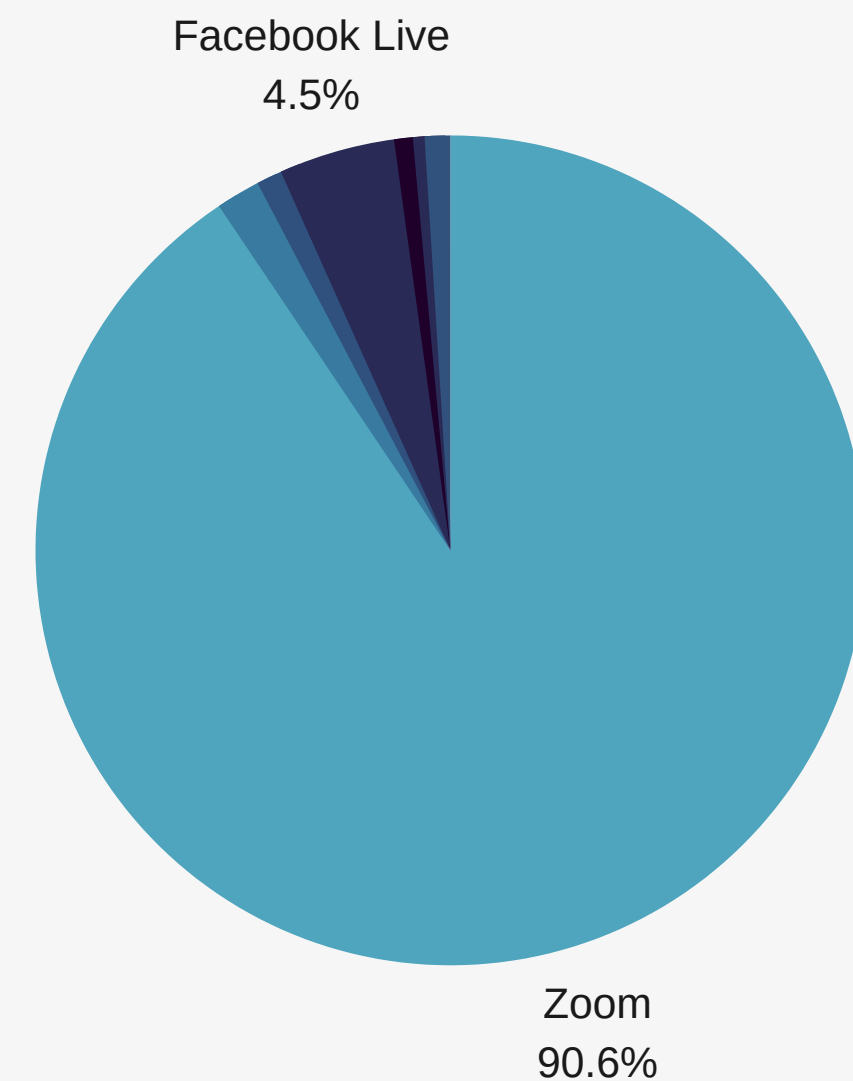
Offer verbal cues/adjustments during online classes



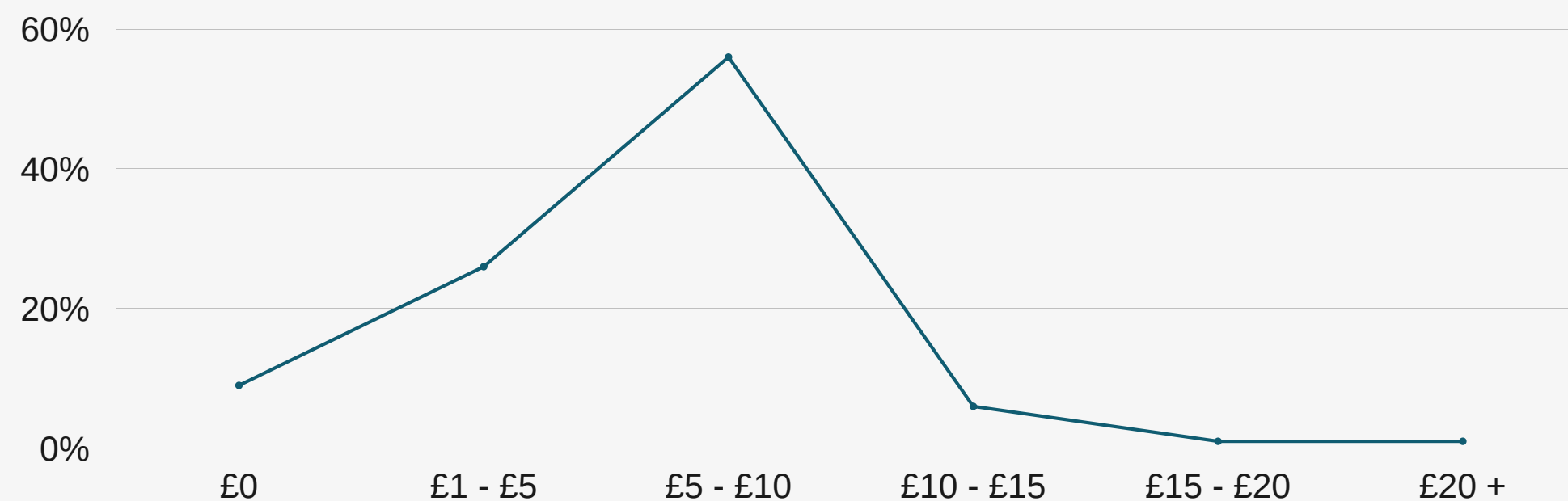
Of teachers are able to demonstrate while watching their students

Most popular platform

Out of 7 platforms, Zoom won with a huge majority!



The cost of a yoga class



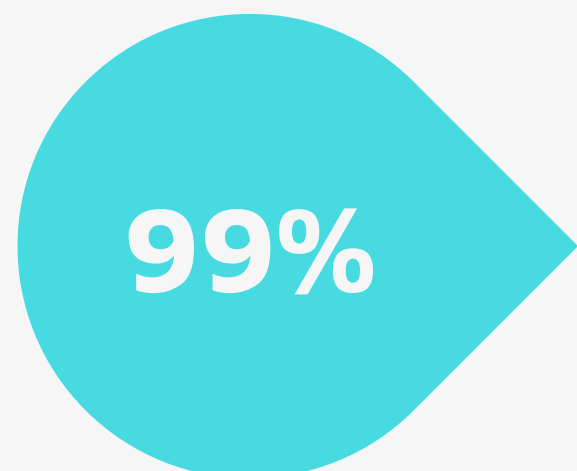


Thoughts on online classes

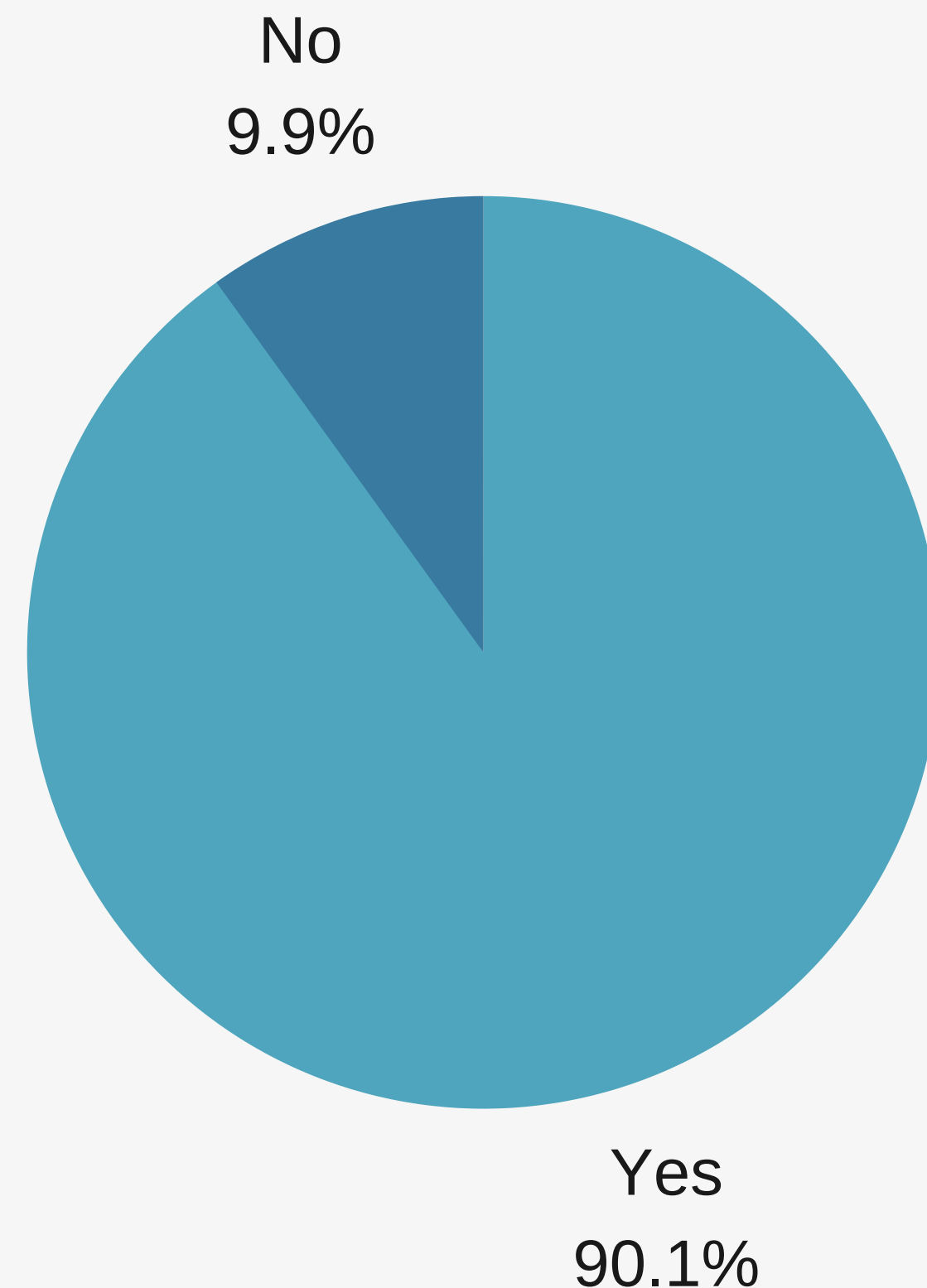
We asked if yoga teachers prefer live classes, or pre-recorded. A massive 95% prefer live classes!



Of the yoga teachers we asked, 99% of them say that feedback from students has been predominantly positive!



How many yoga teachers will continue online classes after lockdown?



The data is from Yoga Alliance Professionals and is accurate as of 7th September 2020. Please feel free to encourage fellow teachers to [take the survey](#), and we will continue to update the results. Thank you