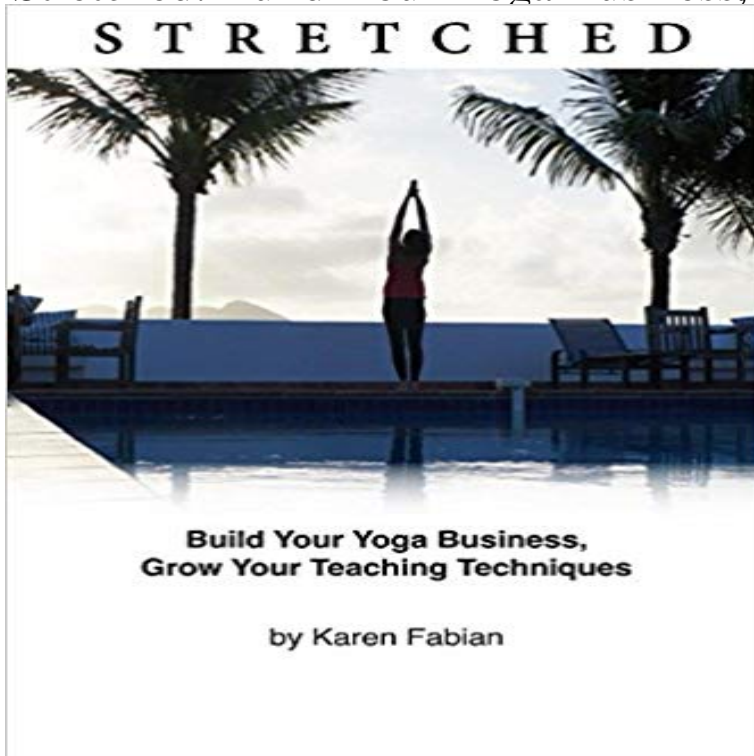


## Stretched: Build Your Yoga Business, Grow Your Teaching Techniques



Once yoga teachers complete a basic training program and begin to teach, they often find they're faced with a number of teaching and business related questions. *Stretched, Build Your Yoga Business, Grow Your Teaching Techniques*, is written for yoga teachers about both the business and teaching aspects of a career as a yoga teacher. The book is by Karen Fabian, Founder of Bare Bones Yoga ([www.barebonesyoga.com](http://www.barebonesyoga.com)). Karen is a Certified and Experienced Registered Yoga Teacher based in Boston. She has been teaching since 2002. The book guides readers through both business and teaching topics and provides detailed tools and templates for tracking leads, revenue and other key performance indicators. One aspect of the book is to help teachers make informed choices and healthy transitions if and when they decide to shift from their current job to a full-time career as a yoga teacher. It is also a guide for those that wish to learn more about teaching yoga as a part time or full time career choice.

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