

A top-down view of a white desk. In the top right corner, there is a bunch of green eucalyptus leaves with small white flowers. In the bottom right corner, there is a white cup of coffee with a saucer. In the bottom left corner, there is a pair of black-rimmed glasses. In the top left corner, there is a smartphone with a marble pattern. A white rectangular box with a teal header is centered on the desk, containing text.

THE ULTIMATE LIST

100 Yoga workshop ideas

for yoga teachers who want to make a bigger
impact by teaching workshops



welcome!

If you've been wanting to work with your students in a deeper way by offering workshops, this list is the perfect starting point.

A workshop topic that is positioned to be successful and make an impact on your students has 3 key qualities.

1. You are qualified to teach it.
2. You are passionate about it.
3. Your students want or need it.

Note: If you are a newer teacher, please don't be discouraged by the reminder that you should be qualified to teach on your topic - many of the workshops listed in this resource are appropriate for new yoga teachers.

The workshops on this list fall into four categories that have proven track record with yoga teachers (and students).

Introductory workshops

Yoga + workshops

Deep dive workshops

Celebratory or experience workshops

Tell me and I forget, teach me and I may remember, involve me and I learn.

LET'S GET STARTED

introductory workshops

1. Intro to yoga for adults
2. Intro to yoga for teens
3. Intro to yoga for athletes
4. Intro to yoga for busy moms
5. Intro to yoga for injured folks
6. Intro to yoga for folks who can't touch their toes
7. Intro to yoga for men
8. Intro to yoga alignment
9. Intro to yoga philosophy
10. Intro to meditation
11. Intro to meditation for people who can't sit still
12. Intro to meditation for people who use their minds to make money
13. Intro to meditation for college students
14. Intro to inversions
15. Intro to inversions for scaredy cats
16. Foundations of yoga for wrist health
17. Foundations of yoga for shoulder health
18. Foundations of yoga for knee health
19. Foundations of yoga for spine health
20. Foundations of yoga alignment
21. Foundations of yoga for a healthy mind
22. Intro to any specific style of yoga
23. Intro to chakra meditation
24. Intro to sanskrit
25. Intro to ayurveda
26. Intro to the chakra system
27. Intro the the subtle body
28. Intro to chanting
29. Intro to pranayama
30. Intro to the 8 limbs
31. Intro to sun salutations
32. Tadasana: the blueprint for yoga alignment
33. Intro to yoga for stress relief

A MATCH MADE IN HEAVEN

yoga + workshops

- 34. Yoga + aromatherapy
- 35. Yoga + poetry
- 36. Yoga + writing
- 37. Yoga + painting
- 38. Yoga + live music
- 39. Yoga + ayurveda
- 40. Yoga + mindful eating
- 41. Yoga + self massage
- 42. Yoga and the 12 steps
- 43. Yoga + ecstatic dance
- 44. Yoga + hiking
- 45. Yoga + reflexology
- 46. Yoga + vision boards
- 47. Yoga for creativity
- 48. Yoga + mala making
- 49. Yoga + chanting
- 50. Yoga + social justice
- 51. Yoga + mindfulness
- 52. Yoga + neuroscience
- 53. Yoga + storytelling

INTO THE DEPTHS

deep dive

- 54. Yoga nidra for challenging times
- 55. Yoga nidra for transitions
- 56. Yoga nidra for evolution
- 57. Yoga nidra for abundance
- 58. Yoga for low back health
- 59. Yoga for healthy shoulders
- 60. Yoga for healthy hips
- 61. Yoga for a healthy neck
- 62. Yoga and the pelvic floor
- 63. Yoga for pain relief
- 64. Yoga for anxiety
- 65. Yoga for stress relief
- 66. Yoga and hypermobility
- 67. How anatomy informs yoga
- 68. Develop a home yoga practice
- 69. Panchamaya Kosha model
- 70. Yoga and intuition
- 71. Inversions
- 72. Arm Balances
- 73. Backbends
- 75. Yoga sutras
- 76. Yama & niyama
- 77. Bhagavad gita
- 78. Yoga for a balanced nervous system
- 79. Hands free flow (no weight bearing on upper body)
- 80. One Leg Balance Poses
- 81. The myths behind the asanas
- 82. Yoga for healthy wrists

CELEBRATE

special occasion/self care

- 83. Valentines day partner yoga
- 84. Equinox flow
- 85. Spring renewal
- 87. Solstice Celebration
- 88. Yoga by the river
- 89. Yoga on the roof
- 90. Yoga by the lake
- 91. Yoga by the bay
- 92. Beach yoga
- 93. Gratitude flow/gentle flow/restorative
- 94. Post-holiday yoga / yoga for healthy digestion
- 96. Holiday de-stress
- 97. Candlelight yoga practice
- 98. Post finals pressure release
- 99. Self-love practice for valentine's day
- 100. Yoga Sankalpa Yoga + Intention setting for the new year