







NYC Yoga Studios Archive Interview Questions (2022)

 **Enter your name.** This is how your name will appear on the archive with your submission.

 **What is the name/address of the studio of your affiliation?**


 **Are you or your studio participating in any interesting social justice or charitable work that you are permitted to share and want to make mention to between 2019-2023?**


 **Location & Real Estate** If you are at freedom to share any facts or information about the building and space your studio was located in, please feel free to share as much as you are willing. Facts like if the building had an elevator, or substantial barriers to entry for those with mobility challenges are of high interest.

 **What type or class varieties of yoga did you teach/taught for this studio and/or in general?** Please list and be specific. Note where copyright may apply.


The Before, During and after of "Unprecedented Times"


A gentle reminder that no one was alone teaching yoga on zoom, or alone with their mask on in the yoga room, we did it together. We want to hear YOUR story!

 **What would you like to share about yourself as a yoga teacher or studio owner of NY and having survived this time (Dec 2019-Dec 2022) in the industry?** How did this permanent closure/layoff impact your career in NYC as a whole?

 **In your experience, what was the NYC yoga studio culture/classroom like at your studio or in general before the coronavirus pandemic in or around 2019?**


Examples of the difference in the types of events that used to take place in person versus online, or how technology was or was not a part of your classroom.


 **What was your experience of the NYC yoga studio culture/virtual classroom like throughout coronavirus lockdown for studios in NYC (March 2020 - June 2021)?**


 **In your experience, what was the NYC yoga studio culture/classroom like *after* coronavirus?** Please include how it felt to return to in-person yoga work, especially if you had to teach in a mask.


Community and Connection


Great things to share are how long you've been teaching overall, details about your tenure, what that means to you and COVID-19's impact on your business/teaching career.


 **What was the response in your yoga community to your studios overall endurance throughout the pandemic?** For example, stories about community & how it felt to try to maintain that connection throughout the pandemic through the screen.


 **How did your pre-covid following stay/change/evolve with your studio throughout covid-present?**


 **Have any former students reconnected with you virtually from a different place?** If yes, how did that feel? (do not share any names of students without their consent)

 **Were any other languages outside of English used to teach yoga classes online or in person at your studio?** Including consideration of extensive Sanskrit and ASL. If yes, which language(s).

 **Props, Art & Media:** Do you know if you/your studio used to or still presently carry/sell yoga props, art or media? The purpose of this question is to assist future researchers understand the types of art and books that are inside of studios and/or for sale, and COVID's prop impact (much was banned from use or removed during the Pandemic). If they were removed, were they ever replaced and how's that all going?


 **Did you teach outdoors or did your studio host outdoor classes during the summers of 2020-2022?** If yes, please share the precise location (NYC Park name, address/studio name of the rooftop, garden, backyard, common space, public pool area, beach, playground, school yard, etc) and affiliated studio and your first hand experience.

 **Were there any unique events that you/your studio performed online during 2020-2021 that are worth mentioning? Examples:** Live stream music and yoga events and dynamic workshops are of great interest.


 **How did your pre-covid & post-covid teaching schedule change?**
Example: How did your schedule fluctuate as a whole? Examples: Time of day, duration of class, class type, locations, hybrid based etc.


The Now and Forever of Yoga is Digital

Teaching & Technology Feel free to answer any of these questions as it may apply. As smartphone apps and digital coaches take over, what do you want to share with students?


 **Are you or is your studio still teaching live stream classes online as of present (Jan 2023)?** If yes, when did you start? List the exact date or year if you know. If yes, where were your remote classes located?

 **Did you teach in any hybrid capacity and what was your experience?**

 **What was it like teaching yoga in different or new ways?** (livestream, hybrid, text, photos, voice memos, emails, recording yourself, etc)? What was challenging or better about it?

 **What were your existing technology tools like (at-home or in-studio) at the start of the COVID-19 pandemic and what has your studio evolved into?** Details like any technology or apps you have invested in are welcome.

 **What was it like teaching with or without music online?**

 **Do you teach yoga philosophy in your classes?** Did you do this online? If the answer is yes, please illustrate how you do this.

🎵 Do you still/have you chanted or use a harmonium in online classes?

▶ What platform are you or your studio streaming through?

☁ If you or your studio allow classes to be replayed (On-Demand), which platform is it hosted on?

🎵 Which platform do you use for digital music in class?

100 Was there any impact on your social media following or Prospects due to COVID? Did you teach through Instagram? If yes, what was that like?

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