Business Model For Tender Love And Care Yoga Studio

Cameryn Tierno, Salem State University

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John McArdle

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Abstract
The proposed business model for the Tender Love and Care Yoga Studio (TLC) was developed as a part of an Honors Thesis by the author, Cameryn Tierno. TLC strives to provide its students with accessible yoga classes that are relaxing and rejuvenating. TLC's staff and environment fosters relaxation and acceptance, while also offering practical stress-relieving techniques that are beneficial to all. The report presents the various methodologies and tools used for developing the business model and states the individual development plan for Cameryn Tierno as a yoga instructor and business woman before embarking on the journey of becoming a business owner. The report is concluded with Cameryn's personal reflection of her experience completing this project.

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Amazing yoga community of dedicated students and great teachers. Cannot recommend it highly enough to those that seek true yoga (traditional, spiritual asana practice, including meditation, pranayama). Very reasonable donation to the Temple makes it affordable to all. All levels are welcome here, community is caring, sharing and supportive. Prasad Palacharla contributed so much energy and love in creating this community, he did and IS doing such a great job to make sure this place is home for so many yogis, for everyone that walks through the Temple door. Experiencing our own tender loving care helps us feel safe, putting us in an optimal mindset to make strong decisions and do our best when confronted with challenges. Suggestions for Use. There are many ways to use this deck: alone, with another person, in a group setting, or as a practitioner. At the end of each session, I invited my clients to write a loving reminder or prompt for themselves on the back of my business card to carry around in their wallet. Within months of using this method, I noticed that most of my clients were drawn to the same prompts and reminders: I am already enough. These videos capture the essence of the Be Love Yoga Studio and what you might expect when you join us. Prepare to connect with yourself, connect with others, have lots of fun, and feel amazing every time you leave this studio. Our #BeLoveCommunity is growing with the most loving yogis and people you will ever meet. Drop in soon and try our $20 for your first Two Weeks special or get unlimited yoga for just $99 per month. Experience Be Love Yoga Studio today! Be love yoga studio. Welcome to the Be Love Community. These videos capture the essence of the Be Love Yoga Studio and what you might ex...