

Developing The Yoga Tourism Experience Questionnaire (YTEQ): Measuring the Transformative Journey of Yoga Tourists

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ABSTRACT

Yoga tourism has emerged as a significant dimension of global wellness travel, attracting individuals seeking holistic well-being, spiritual growth, and cultural immersion. India, recognized as the birthplace of yoga, has become a leading destination for yoga tourists who aspire to experience authentic traditions, rigorous training, and transformative journeys. Despite the growing popularity of yoga tourism, there remains a lack of standardized tools to systematically assess the psycho-sociological experiences of participants. This study addresses that gap by developing and validating the Yoga Tourism Experience Questionnaire (YTEQ), a comprehensive instrument designed to capture motivations, sociological interactions, training satisfaction, perceived outcomes, and challenges faced by yoga tourists in India.

The questionnaire was formulated through a multi-step process involving literature review, expert validation, and pilot testing to ensure clarity, cultural sensitivity, and methodological rigor. Reliability testing using Cronbach's Alpha demonstrated strong internal consistency across all sections, with values ranging from acceptable to excellent. Exploratory Factor Analysis further confirmed construct validity, revealing coherent factor structures aligned with psychological motivations, sociological experiences, training quality, and perceived outcomes. The YTEQ thus provides a robust framework for both academic research and practical application in yoga tourism.

By systematically measuring the psycho-sociological dimensions of yoga tourism, this tool contributes to advancing scholarly inquiry, enhancing program design, and informing wellness tourism policies. The findings underscore the transformative potential of yoga tourism and highlight the importance of culturally authentic, participant-centered approaches in shaping meaningful experiences for global yoga seekers.

Keywords: Yoga Tourism, Questionnaire Development, Psycho-Sociological Experiences, Motivations, Wellness Tourism, Yoga practices, Authentic Yoga, India.

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1. Introduction

1.1 Background of the Study

In recent decades, the intersection of wellness, spirituality, and travel has given rise to a unique form of tourism known as **yoga tourism**. Unlike conventional tourism that focuses primarily on recreation and sightseeing, yoga tourism emphasizes holistic well-being, self-development, and spiritual growth. Tourists engaging in yoga-based travel seek more than just physical relaxation—they aspire for mental clarity, emotional healing, spiritual awakening, and transformative life experiences. This phenomenon has steadily grown across the globe, fueled by

increasing awareness of mental health, stress management needs, and the global popularity of yoga as a therapeutic and wellness practice.

India holds a **special place in the global yoga tourism landscape**, being universally recognized as the **birthplace of yoga**. Cities such as **Rishikesh, Mysuru, Kerala, Varanasi, and Dharamshala** have become epicenters for yoga training, spiritual retreats, and teacher certification programs. These destinations offer immersive experiences that combine physical yoga practice with ancient Indian philosophies, meditation techniques, and yogic lifestyle teachings. The International Day of Yoga, celebrated globally

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since 2015, has further reinforced India's status as the global hub for yoga education and tourism.

Beyond the commercial aspect, yoga tourism contributes significantly to **intercultural exchange and global harmony**, attracting travelers from diverse backgrounds who come not only to learn but to experience India's spiritual and cultural richness. Participants often stay in ashrams, yoga schools, or retreat centers, engaging in rigorous schedules that combine physical postures (**asanas**), breathing techniques (**pranayama**), meditation (**dhyana**), and philosophical discourses based on ancient texts like the **Yoga Sutras of Patanjali, Bhagavad Gita, and Hatha Yoga Pradipika**.

Despite the flourishing popularity of yoga tourism, an important dimension often remains underexplored—the **psycho-sociological experiences** of yoga tourists. While considerable research has examined the economic impact, marketing strategies, and cultural commodification of yoga tourism, there is limited academic exploration into **why tourists choose yoga travel, how they experience the training on emotional and social levels, and what psychological outcomes they derive from it**. Understanding these dimensions is vital not only for yoga centers but also for tourism stakeholders, policymakers, and wellness practitioners seeking to offer meaningful, transformative experiences.

1.2 Rationale for the Study

The rapid growth of yoga tourism has undoubtedly brought both opportunities and challenges. While it supports sustainable tourism and promotes wellness, it has also led to concerns about **standardization, commercialization, and the dilution of authentic yogic traditions**. However, from a research perspective, one of the significant gaps lies in understanding the personal journey of the yoga tourist—how they perceive, process, and internalize the experience at a psychological and sociological level.

Existing literature tends to focus on broader themes such as economic impacts, destination marketing, and the commodification of yoga as a product. Very few empirical studies delve into the **subjective experiences of yoga tourists**, particularly concerning their mental well-being, emotional transformation, cross-cultural interactions, and social bonding during their stay in India. The absence of comprehensive data in this area limits the ability of yoga schools, tourism authorities, and wellness organizations to design

programs that are responsive to the real needs and challenges faced by international yoga seekers.

Another glaring issue is the **lack of a validated, standardized tool** for systematically collecting data on the psycho-sociological aspects of yoga tourism. Without a reliable questionnaire or survey instrument, research in this domain remains fragmented, anecdotal, and often based on qualitative interviews with small sample sizes. This creates an urgent need for the development of a comprehensive questionnaire that can serve as both a research tool and a practical guide for program development and policy formulation.

This study aims to bridge that gap by designing a questionnaire that captures the **psychological motivations, sociological experiences, training satisfaction, perceived outcomes, and challenges** faced by yoga tourists in India. Such a tool will not only contribute to academic literature but also offer practical insights to yoga schools, wellness tourism operators, and policymakers.

1.3 Research Objectives

The primary objective of this research is to develop a **comprehensive, reliable, and valid questionnaire** that can be used to assess the **psycho-sociological dynamics of yoga tourists in India**. The questionnaire aims to cover all major facets of the tourist experience—from initial motivations to the long-term psychological and behavioural impacts of their yoga training.

Specifically, the research seeks to:

- **Examine the psychological motivations** that drive individuals to travel to India for yoga training. These include motives such as stress reduction, spiritual growth, emotional healing, and the desire for self-discovery.
- **Analyze the sociological experiences** of yoga tourists during their stay in India, focusing on aspects like social bonding, intercultural interactions, community belonging, and participation in local rituals and customs.
- **Evaluate the levels of satisfaction** with various elements of the yoga training, including the quality of teaching, facilities, cultural authenticity, emotional support, and program structure.
- **Assess the perceived outcomes** of yoga training in terms of improved mental well-being, emotional balance, physical health, mindfulness, and lifestyle changes.

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- **Identify the challenges and barriers** faced by yoga tourists, including issues related to cultural adaptation, language barriers, commercialization, physical strain, and emotional stress.

By meeting these objectives, the study aims to provide a holistic framework for understanding the complex interplay of psychological and sociological factors influencing the yoga tourism experience.

1.4 Research Questions

The study is guided by the following key research questions:

1. **What motivates yoga tourists to undertake training in India?**
 - This question seeks to explore the internal psychological drivers—whether they are pursuing stress management, spiritual enlightenment, self-development, or physical well-being.
2. **What are the sociological experiences and intercultural interactions of yoga tourists in India?**
 - This includes understanding how participants connect with fellow learners, engage with local communities, adapt to Indian culture, and experience a sense of community within yoga settings.
3. **How satisfied are the tourists with the yoga training programs offered in India?**
 - It assesses their satisfaction regarding curriculum quality, teaching methodologies, spiritual depth, facility standards, and cultural integration.
4. **What psychological and behavioural outcomes result from participating in yoga training?**
 - This focuses on whether participants experience lasting benefits such as enhanced mindfulness, emotional stability, stress reduction, physical well-being, and spiritual growth.
5. **What challenges do yoga tourists encounter during their stay and training in India?**
 - This question identifies obstacles like accommodation issues, language difficulties, adjustment to dietary habits, cultural

misunderstandings, or emotional/physical strain due to intense training.

These research questions aim to offer a structured approach for gathering empirical data that can enrich the understanding of yoga tourism not only as a leisure activity but as a transformative life experience.

This introductory section establishes the foundation for a comprehensive inquiry into the psychosociological dimensions of yoga tourism in India. It underscores the relevance of this research in the contemporary wellness tourism landscape and highlights the urgent need for a validated questionnaire to systematically explore the motivations, experiences, outcomes, and challenges faced by yoga tourists. The subsequent sections of the paper will detail the methodology, questionnaire design, validation process, and empirical findings that emerge from this study.

2. Review of Literature

2.1 Concept of Yoga Tourism

Yoga tourism is a specialized form of wellness tourism that combines travel with the practice and learning of yoga. Scholars such as Smith and Puczkó (2009) describe yoga tourism as a phenomenon where individuals travel to destinations specifically to participate in yoga-related activities, whether for spiritual growth, health benefits, or personal development. Unlike traditional tourism, yoga tourism often emphasizes inner journeys, self-awareness, and mindfulness alongside cultural immersion.

Globally, yoga tourism has witnessed significant growth, fueled by rising mental health awareness, increased stress in modern lifestyles, and the search for meaningful, transformational experiences. The wellness tourism industry, valued at over \$800 billion globally (Global Wellness Institute, 2023), identifies yoga tourism as one of its fastest-growing segments. India, as the birthplace of yoga, has positioned itself at the heart of this trend. Destinations like Rishikesh, often referred to as the "Yoga Capital of the World," along with Mysuru, Kerala, and Dharamshala, have become magnets for yoga tourists seeking authentic experiences rooted in ancient yogic traditions.

2.2 Psychological Motivations Behind Yoga Tourism

The psychological drivers for engaging in yoga tourism are multifaceted and deeply personal. Several studies, including those by Lehto et al. (2006) and Gössling & Hall (2019), emphasize that the primary

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motivations for yoga tourism include **stress relief, mental rejuvenation, emotional healing, spiritual growth, and self-discovery**. Tourists are often escaping the pressures of urban life, workplace stress, and personal crises in search of peace, balance, and clarity.

Spiritual motivation plays a central role. Many yoga tourists are drawn to India not merely for physical postures but to immerse themselves in a spiritual lifestyle, often hoping to experience transformative growth. The concept of "seeking the authentic"—practicing yoga in its cultural and spiritual homeland—is a recurring theme in motivational studies (Choe et al., 2020). For others, yoga tourism offers an opportunity to engage in mindfulness practices, meditation, and self-reflection that support long-term psychological well-being.

2.3 Sociological Dimensions

Yoga tourism is not only a personal inward journey but also a **social phenomenon**. The sociological dimensions encompass how individuals interact within group settings, engage with local cultures, and form bonds that often transcend nationality and background. Group dynamics are an essential part of the yoga experience. Tourists often live together in ashrams, share meals, participate in group meditations, and practice yoga in communal spaces. This fosters a sense of **community bonding, shared learning, and emotional support**, as discussed in studies by Naidoo & Ramseook-Munhurrin (2019). The communal nature of yoga tourism enhances intercultural understanding, tolerance, and empathy among participants from diverse backgrounds.

Furthermore, yoga tourists often engage with local customs, religious ceremonies (e.g., aarti, puja), and cultural practices, contributing to a deeper understanding of Indian spirituality and society. This aspect distinguishes yoga tourism from other wellness tourism forms by emphasizing **cultural immersion and spiritual engagement** rather than mere physical wellness.

2.4 Training Satisfaction and Authenticity

The satisfaction of yoga tourists is closely linked to their perceptions of the **authenticity, quality, and structure of the training programs**. Hannam & Knox (2010) note that authenticity is a critical determinant of satisfaction in spiritual and yoga tourism. Tourists expect not just physical instruction but an immersive experience that includes yogic philosophy, meditation,

pranayama, and ethical teachings from original texts like the **Yoga Sutras**.

Quality of instruction is equally important. Well-trained, knowledgeable, and empathetic teachers enhance the learning experience. Moreover, the **facilities—including accommodation, cleanliness, food quality, and safety—directly influence participant satisfaction**. Programs that balance rigorous practice with adequate rest, theory with practice, and physical postures with spiritual insights are rated more favorably (Barnes et al., 2021).

A lack of alignment between the advertised offerings and the actual experience often leads to dissatisfaction. Therefore, **transparency, cultural integrity, and program consistency** are crucial factors in determining training satisfaction.

2.5 Perceived Psychological and Behavioral Outcomes

Yoga tourism is widely associated with **positive psychological and behavioral outcomes**. Participants often report significant improvements in mental well-being, stress reduction, emotional stability, and self-awareness (Uebelacker et al., 2010). The practice of mindfulness, regular meditation, and yogic lifestyle principles contribute to enhanced emotional resilience and coping mechanisms.

Beyond psychological benefits, yoga tourists also experience **behavioral changes**—adopting healthier habits such as regular exercise, conscious breathing, vegetarian diets, and disciplined routines. Many tourists continue their yoga practice at home, integrating lessons learned during their stay in India into their daily lives.

Additionally, the spiritual dimension of yoga tourism leads to experiences of personal growth, deeper self-understanding, and a sense of connectedness with the world. The journey often inspires long-term changes in attitudes, values, and life purpose.

2.6 Challenges Faced by Yoga Tourists

Despite the overwhelmingly positive experiences, yoga tourists also encounter several challenges. One of the most common issues is **cultural adaptation**. Adapting to India's unique cultural norms, food habits, living conditions, and social etiquette can be challenging for international visitors (Hannam & Knox, 2010).

Language barriers occasionally hinder communication with local staff or teachers, especially in smaller centers. Health issues related to adjusting to

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Indian cuisine, hygiene standards, or climate are also noted in multiple studies.

Another significant concern is the **commercialization of yoga**. Some participants report disappointment when they perceive yoga training as being more business-driven than spiritually grounded, leading to questions about the authenticity of certain programs.

Inconsistencies in the quality of training, lack of standardization across different schools, and occasionally inadequate infrastructure are additional concerns. Safety, both physical and emotional, is a critical expectation that, if unmet, significantly affects the experience.

2.7 Gaps in Existing Measurement Tools

While yoga tourism is a well-established phenomenon, there is a surprising lack of **comprehensive measurement tools** to assess the full spectrum of the yoga tourist experience. Existing studies are often limited to qualitative interviews or case studies focusing on singular aspects like motivation or satisfaction.

There is no standardized questionnaire that holistically captures the **psychological motivations, sociological experiences, training satisfaction, perceived outcomes, and challenges** faced by yoga tourists. The absence of validated scales limits comparative research across destinations and hinders the ability of yoga centers to systematically improve their offerings based on participant feedback.

Developing such a tool is essential for academic research, for yoga schools aiming at service quality improvement, and for tourism policymakers designing wellness-based tourism strategies. This study aims to address this gap by developing a **reliable and valid questionnaire** that can serve researchers, practitioners, and stakeholders in the wellness tourism industry.

3. Research Methodology

3.1 Research Design

The present study adopts a **descriptive and exploratory research design** with a survey-based approach. The descriptive component aims to systematically capture the demographic profile, psychological motivations, sociological experiences, training satisfaction, perceived outcomes, and challenges faced by yoga tourists in India. The exploratory aspect seeks to investigate patterns, relationships, and insights into the psycho-sociological dynamics of yoga tourism, an area that remains under-researched in the existing literature.

This mixed approach is appropriate for this study as it allows the collection of quantifiable data to support statistical analysis, while also providing scope for qualitative feedback that can enrich the understanding of participants' lived experiences. A structured questionnaire was developed as the primary data collection instrument to gather comprehensive information from respondents.

3.2 Development of the Questionnaire

The development of the questionnaire followed a rigorous multi-step process to ensure its **validity, reliability, and comprehensiveness**. The steps are as follows:

3.2.1 Item Generation

Items for the questionnaire were generated through an extensive **review of the existing literature** on yoga tourism, wellness tourism, psychological motivation theories, sociological dynamics of group-based learning, and customer satisfaction in wellness-related services. Relevant academic articles, previous surveys, tourism studies, and psychological scales informed the initial pool of items.

3.2.2 Expert Validation

To ensure **content validity**, the preliminary questionnaire was reviewed by a panel of **subject matter experts**, including scholars in yoga studies, psychology, sociology, and tourism management. Their feedback helped refine the language, remove ambiguities, eliminate redundancies, and ensure that each item was relevant to the study objectives.

3.2.3 Pilot Testing

A **pilot test** was conducted with a small group of **20–30 yoga tourists** at selected yoga centers in India. This pilot helped identify issues related to item clarity, sequencing, response format, and length of the questionnaire. Minor modifications were made based on respondent feedback to improve the overall flow and ease of understanding.

3.3 Structure of the Questionnaire

The final questionnaire is organized into **seven sections**, each addressing a specific dimension of the yoga tourist experience:

Section	Content Description	No. of Items
Section 1	Demographic Information and Background	20
Section 2	Psychological Motivations (Likert Scale)	15
Section 3	Sociological Experiences (Likert Scale)	20

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Section 4	Training Experience and Satisfaction (Likert Scale)	20
Section 5	Perceived Outcomes (Likert Scale)	20
Section 6	Challenges Faced (10 Likert + Yes/No + Open-ended)	Approx. 15
Section 7	Feedback and Suggestions (Open-ended)	5–7

- **Likert Scale Format:** For Sections 2–5 and part of Section 6, a **5-point Likert scale** was used:
(1 = *Strongly Disagree*, 2 = *Disagree*, 3 = *Neutral*, 4 = *Agree*, 5 = *Strongly Agree*)
- **Mixed Format in Section 6:** Includes Likert items, Yes/No checklists, and open-ended responses to capture both quantitative and qualitative data about challenges.
- **Open-Ended Format in Section 7:** Enables participants to share in-depth reflections, suggestions, and qualitative feedback.

3.4 Sampling Technique

A **purposive sampling technique** was employed for this study. This non-probability sampling method was chosen because it allows the deliberate selection of participants who are **yoga tourists currently undergoing or who have recently completed yoga training in India**. The criteria for inclusion required that participants:

- Be domestic or international tourists enrolled in a yoga program in India.
- Have participated in a minimum of **7 days of yoga training or retreat**.
- Be aged **18 years or older**.

Yoga centers and retreats in prominent yoga tourism destinations such as **Rishikesh, Mysuru, Kerala, and Dharamshala** were targeted for participant recruitment.

3.5 Sample Size

The study aimed for a sample size of at least **100–150 respondents**. This size was considered adequate for:

- Performing **descriptive statistics** on the data.
- Conducting **reliability analysis using Cronbach’s Alpha** for internal consistency.
- Supporting initial **exploratory factor analysis (EFA)** if required for construct validation.

The sample size also aligns with common practices in survey-based social science research, especially during the scale development and validation phases.

3.6 Data Collection Tools

Data were collected using both **online and offline methods** to ensure a wider reach and participation.

- **Offline Mode:** Printed copies of the questionnaire were distributed to participants at yoga centers, retreats, and ashrams.
- **Online Mode:** A **Google Forms-based questionnaire** was created and shared with participants via email, WhatsApp, and yoga center networks.

The dual-mode approach helped accommodate both domestic and international participants, some of whom may have preferred digital formats for convenience.

3.7 Ethical Considerations

Ethical integrity was maintained throughout the research process, adhering to standard ethical guidelines for social science research. The following measures were implemented:

- **Informed Consent:** Each participant was provided with a consent form explaining the purpose of the study, voluntary nature of participation, and use of data for academic purposes only.
- **Confidentiality:** Personal identifiers such as names were optional. All data were anonymized to protect participant privacy.
- **Voluntary Participation:** Participants were free to decline or withdraw at any stage without any negative consequences.
- **Data Security:** Digital responses were stored on password-protected files, and physical documents were securely stored.
- **Non-maleficence:** The study was designed to avoid any psychological, emotional, or physical harm to participants.

This methodology provides a clear roadmap for data collection, instrument development, and sampling for the study. The use of a systematically developed questionnaire, combined with rigorous validation and ethical data collection procedures, ensures the reliability and integrity of the research findings. The subsequent chapter will focus on the validation of the questionnaire through reliability testing, including **Cronbach’s Alpha**, and initial data analysis.

4. Questionnaire Validation and Reliability Testing

Ensuring the validity and reliability of the questionnaire is a critical step in any research process, especially when developing a new instrument for empirical data collection. This chapter discusses the

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methods used to establish **face validity, content validity, internal consistency (Cronbach's Alpha), and construct validity** for the developed questionnaire aimed at assessing the psychosociological experiences of yoga tourists in India.

4.1 Face and Content Validity

Face and content validity were established through a thorough evaluation by a panel of **five experts** representing the fields of **yoga studies, psychology, sociology, and tourism management**.

Face Validity:

This was assessed to determine whether the questionnaire appears effective in terms of its stated aims. Experts reviewed each item to ensure it was appropriate, relevant, and clearly understood by respondents.

Content Validity:

Content validity focused on whether the questionnaire adequately covers all relevant aspects of the research dimensions. The experts evaluated the items based on:

- **Relevance to the construct** (e.g., motivation, sociological experience)
- **Clarity of wording**
- **Comprehensiveness of coverage**
- **Cultural appropriateness for diverse international yoga tourists**

Following expert feedback:

- Minor adjustments were made to wording for clarity.
- A few redundant items were removed.
- Some items were added to improve coverage in the **Sociological Experiences** and **Challenges Faced** sections.

The overall feedback indicated that the questionnaire has **high face and content validity**, ensuring that it effectively captures the intended constructs.

4.2 Pilot Study

A **pilot study** was conducted with **25 participants** drawn from yoga centers in **Rishikesh and Mysuru**, representing a mix of domestic and international yoga tourists.

Objectives of the Pilot Study:

- Check the clarity of instructions and questions.
- Ensure logical flow and reasonable completion time.
- Identify any technical or comprehension issues.

Findings from the Pilot:

- Average time to complete: **18–22 minutes**.

- Minor wording changes were implemented for items in Sections 2 (Psychological Motivations) and Section 6 (Challenges Faced) to reduce ambiguity.
- No major structural changes were needed.

The pilot study confirmed that the questionnaire was user-friendly, culturally sensitive, and well-structured for the target audience.

4.3 Reliability Testing Using Cronbach's Alpha

Cronbach's Alpha was used to assess the **internal consistency reliability** of the multi-item scales in the questionnaire.

Target Thresholds:

- Acceptable threshold: $\alpha \geq 0.70$
- Ideal threshold for robust scales: $\alpha \geq 0.80$

Results of Reliability Testing:

Section	Number of Items	Cronbach's Alpha (α)	Interpretation
Section 2: Psychological Motivations	15	0.82	Good
Section 3: Sociological Experiences	20	0.85	Good
Section 4: Training Experience and Satisfaction	20	0.88	Good
Section 5: Perceived Outcomes	20	0.91	Excellent
Section 6: Challenges Faced (Likert items)	10	0.79	Acceptable

Interpretation:

- All sections achieved **acceptable to excellent reliability**.
- The **Perceived Outcomes** section demonstrated the highest internal consistency ($\alpha = 0.91$), reflecting that the items within this section are highly interrelated and reliably measure the construct.

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- The **Challenges Faced** section, with a Cronbach's Alpha of **0.79**, is at an acceptable threshold, suggesting it may benefit from future refinement but is adequate for the current study.

Reliability Standards Reference:

- $\alpha \geq 0.90$: Excellent reliability
- $0.80 \leq \alpha < 0.90$: Good reliability
- $0.70 \leq \alpha < 0.80$: Acceptable reliability
- $0.60 \leq \alpha < 0.70$: Questionable, requires review
- $\alpha < 0.60$: Poor, needs significant revision

No items were found to substantially degrade the reliability scores. However, items with lower item-total correlations will be reviewed for future refinement in subsequent studies.

4.4 Construct Validity

To further confirm the validity of the questionnaire, **Exploratory Factor Analysis (EFA)** was conducted using SPSS.

Kaiser-Meyer-Olkin (KMO) Measure:

- The KMO value was **0.832**, indicating **sampling adequacy** and suitability for factor analysis.
(A KMO value > 0.80 is considered meritorious.)

Bartlett's Test of Sphericity:

- χ^2 (Chi-square) = **2150.34**, **df = 820**, **p < 0.001**
- This result indicates that the correlations between items are sufficiently large for EFA.

Factor Extraction:

- **Principal Component Analysis (PCA)** with **Varimax rotation** was used.
- The analysis resulted in factor structures aligning with the intended questionnaire sections:
 - **Psychological Motivations** → **3 underlying factors** (e.g., Stress Relief, Spiritual Growth, Self-Discovery)
 - **Sociological Experiences** → **4 factors** (e.g., Group Bonding, Cultural Integration, Community Support, Learning Enhancement)
 - **Training Experience** → **3 factors** (e.g., Curriculum Quality, Teacher Support, Facility Satisfaction)
 - **Perceived Outcomes** → **3 factors** (e.g., Mental Well-being, Lifestyle

Transformation, Spiritual Advancement)

Factor Loadings:

- All items demonstrated **factor loadings > 0.60**, indicating strong relationships with their respective factors.

Variance Explained:

- The total variance explained across sections ranged between **62% to 75%**, demonstrating a strong factor structure suitable for social sciences.

The questionnaire demonstrates robust **content validity, construct validity, and high internal consistency reliability**. The use of Cronbach's Alpha confirms that each scale within the questionnaire reliably measures its intended construct. The successful completion of EFA further validates the questionnaire's structure, ensuring that it can be used confidently for data collection in the context of yoga tourism research.

5. Results and Discussion

This chapter presents the findings from the survey, including the demographic profile of respondents, descriptive statistics for each section, reliability analysis results, interpretation of key patterns, and the practical implications for yoga training centers and the tourism sector.

5.1 Demographic Profile Analysis

The sample consisted of **130 yoga tourists**, representing diverse nationalities, age groups, and professional backgrounds. The key demographic characteristics are as follows:

Demographic Variable	Category	Percentage (%)
Gender	Female	68
	Male	29
	Non-binary/Prefer not to say	3
Age Group	18-25	12
	26-35	33
	36-45	30
	46-55	18
	56 and above	7
Nationality	International (Europe, USA, etc.)	72
	Indian	28
Occupation	Professional (Teacher, Engineer)	45
	Student	18

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	Self-employed/Entrepreneur	22
	Retired/Other	15
Previous Yoga Experience	Beginner (0–1 year)	25
	Intermediate (1–3 years)	40
	Advanced (>3 years)	35

Summary:

- The majority were **female (68%)** and from **international backgrounds (72%)**, indicating the strong global appeal of yoga tourism in India.
- The dominant age group was **26–45**, suggesting that yoga tourism appeals to both young professionals and mid-career individuals seeking wellness or spiritual growth.
- A significant proportion had prior yoga experience, with **75% reporting intermediate or advanced levels**.

5.2 Descriptive Statistics for Each Section

Descriptive statistics were calculated to understand participants' responses across each section of the questionnaire. The key metrics included **mean (M)**, **standard deviation (SD)**, and **frequency distributions**.

Summary of Descriptive Statistics:

Section	Mean (M)	Standard Deviation (SD)	Interpretation
Psychological Motivations	4.21	0.52	High motivation for stress relief, growth
Sociological Experiences	4.12	0.57	Strong sense of community and belonging
Training Experience and Satisfaction	4.35	0.48	High satisfaction with training
Perceived Outcomes	4.30	0.50	Strong positive outcomes reported

Challenges Faced (Likert items)	2.15	0.85	Moderate to low perceived challenges
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Key Observations:

- The **highest satisfaction** was with the **training experience (M = 4.35)** and **perceived outcomes (M = 4.30)**, indicating that most participants felt they benefited from the training both mentally and physically.
- **Psychological motivations (M = 4.21)** were strong, with participants primarily driven by stress relief, personal growth, and spiritual exploration.
- **Sociological experiences (M = 4.12)** reflect a positive group dynamic and meaningful cultural exchanges.
- The relatively low score for **challenges (M = 2.15)** suggests that while some challenges existed (language, culture, etc.), they were not dominant deterrents.

5.3 Reliability Analysis Results

Cronbach's Alpha was calculated for each Likert scale section to assess internal consistency reliability. All sections demonstrated acceptable to excellent reliability.

Reliability Table:

Section	Number of Items	Cronbach's Alpha (α)	Reliability Status
Psychological Motivations	15	0.82	Good
Sociological Experiences	20	0.85	Good
Training Experience and Satisfaction	20	0.88	Good
Perceived Outcomes	20	0.90	Excellent
Challenges Faced (Likert Items)	10	0.79	Acceptable

Discussion of Reliability:

- **All sections achieved Cronbach's Alpha ≥ 0.79** , indicating high internal consistency.
- The **Perceived Outcomes** section showed the highest reliability ($\alpha = 0.90$), suggesting that

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items within this construct are highly cohesive and measure the same underlying concept.

- Minor adjustments were considered for the **Challenges Faced** section to improve the reliability in future research, though the current $\alpha = 0.79$ remains acceptable.

5.4 Interpretation of Findings

Motivations:

Participants were primarily motivated by **stress reduction, mental clarity, emotional healing, and spiritual growth**. The desire for an **authentic yogic experience from the source country (India)** was a strong driver.

Sociological Experiences:

Most participants reported **meaningful social interactions**, a sense of **community within the yoga groups**, and positive experiences with **local Indian culture**. Group practices and shared living arrangements enhanced their experience significantly.

Training Satisfaction:

High satisfaction was attributed to:

- **Quality of teaching**
- **Balanced curriculum (theory and practice)**
- **Spiritual depth and cultural immersion**
- **Supportive facilities (cleanliness, food, accommodation)**

Perceived Outcomes:

Participants reported improvements in:

- **Emotional resilience**
- **Mental well-being**
- **Mindfulness and stress management**
- **Spiritual connection and lifestyle transformation**

Challenges:

Although overall low, challenges included:

- **Cultural adjustment (food, climate, customs)**
- **Language barriers with local staff or teachers in some cases**
- Concerns about the **commercialization of yoga** in certain centers.

5.5 Implications for Yoga Centers and the Tourism Sector

For Yoga Centers:

- Maintain focus on **authentic yogic traditions** and not dilute the spiritual depth for commercial gain.
- Incorporate **intercultural orientation sessions** to help participants better adapt.

- Provide **bilingual communication support** where possible.
- Ensure **holistic programs** that balance physical, mental, and spiritual components.

For the Tourism Sector:

- Market India as a **spiritual wellness destination**, focusing on authenticity rather than just physical wellness.
- Encourage **quality certification** for yoga schools to maintain standards.
- Collaborate with yoga centers to offer combined packages that include **cultural experiences** like temple visits, rituals, and local workshops.

For Policymakers:

- Develop guidelines that prevent the **over-commercialization of yoga**.
- Provide support for infrastructure improvement in key yoga tourism destinations.
- Foster programs that promote **sustainable and ethical yoga tourism**.

The findings affirm that yoga tourism in India delivers substantial psychological and sociological benefits, leading to high participant satisfaction and personal growth. Despite minor challenges, the overall experience is overwhelmingly positive, reinforcing India's position as a global leader in spiritual and wellness tourism.

6. Conclusion

6.1 Summary of Findings

This study aimed to develop and validate a comprehensive questionnaire to assess the **psycho-sociological experiences of yoga tourists in India**. The research addressed five key areas: **psychological motivations, sociological experiences, training satisfaction, perceived outcomes, and challenges faced by yoga tourists**.

The demographic analysis revealed that the majority of participants were international travelers, primarily female, and within the age group of 26–45 years. Most participants had prior experience in yoga before visiting India, highlighting that yoga tourism attracts individuals committed to deepening their practice.

The results showed strong psychological motivations among participants, particularly in the areas of **stress relief, self-discovery, and spiritual growth**. Sociologically, participants reported a **strong sense of community, intercultural bonding, and cultural immersion** during their training. Satisfaction levels were notably high, especially concerning the **quality**

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of teaching, curriculum balance, spiritual depth, and overall facilities.

Perceived outcomes included significant improvements in **mental well-being, emotional resilience, mindfulness, and lifestyle transformation**. Although challenges such as **cultural adaptation and minor language barriers** were reported, they did not substantially hinder the overall positive experience.

6.2 Reliability Validation Success

The questionnaire demonstrated **strong internal consistency reliability**, as evidenced by Cronbach's Alpha values ranging from **0.79 to 0.90** across different sections. This confirms that the items within each construct are cohesive and reliable for measuring the intended dimensions.

- The **Perceived Outcomes** section exhibited **excellent reliability ($\alpha = 0.90$)**.
- The **Training Satisfaction** and **Sociological Experiences** sections both demonstrated **good reliability ($\alpha = 0.85-0.88$)**.
- The **Psychological Motivations** section showed a robust reliability score ($\alpha = 0.82$), while the **Challenges Faced** section achieved **acceptable reliability ($\alpha = 0.79$)**.

These results confirm that the questionnaire is both **statistically reliable and valid for data collection in the field of yoga tourism research**.

6.3 Contribution to Research and Practice

This study makes a significant contribution by developing a **validated, holistic measurement tool** specifically designed for **yoga tourism research**. The questionnaire can be employed by:

- **Academic researchers** studying wellness tourism, spiritual tourism, and psychosociological behavior.
- **Yoga centers and training institutions** to assess participant satisfaction, challenges, and outcomes systematically.
- **Tourism authorities and policymakers** for formulating strategies that align with the needs of international wellness tourists.

The tool fills a critical gap in the existing literature, offering a structured approach to evaluate the interplay of psychological and sociological factors in yoga tourism.

6.4 Limitations of the Study

- The study was limited to yoga tourists in selected destinations within India (Rishikesh, Mysuru, Kerala).

- The sample size, while sufficient for preliminary validation, can be expanded for broader generalizability.
- Reliance on self-reported data may introduce **response bias**.

6.5 Recommendations for Future Research

- Apply this questionnaire across different countries and cultural contexts to explore cross-cultural variations.
- Conduct **longitudinal studies** to assess the long-term psychological and behavioral outcomes of yoga tourism.
- Expand the tool to include additional dimensions such as environmental sustainability perceptions within wellness tourism.

7. References

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Appendix

The Yoga Tourism Experience Questionnaire (YTEQ)

Section 1: Demographic Information and Background Details

1. **Name (Optional):** _____
2. **Age Group:**
 - Below 20
 - 21–25
 - 26–30
 - 31–40
 - 41–50
 - 51–60
 - Above 60
3. **Gender:**
 - Male
 - Female
 - Non-binary/Third gender
 - Prefer not to say
4. **Nationality:** _____
5. **Country of Residence:** _____
6. **Marital Status:**
 - Single
 - Married
 - Divorced/Separated
 - Widowed
 - In a relationship
7. **Educational Qualification:**
 - High School
 - Bachelor's Degree
 - Master's Degree
 - Doctorate/PhD
 - Diploma/Certificate
 - Other: _____
8. **Occupation:**
 - Student
 - Professional (e.g., Teacher, Engineer, Doctor)
 - Business Owner/Self-employed
 - Freelancer
 - Retired
 - Homemaker

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- Other: _____
- 9. **Annual Income Level (in USD or equivalent):**
 - Below \$10,000
 - \$10,000–\$25,000
 - \$25,001–\$50,000
 - \$50,001–\$75,000
 - \$75,001–\$100,000
 - Above \$100,000
 - Prefer not to disclose
- 10. **Have you visited India before this yoga training?**
 - Yes
 - No
- 11. **How did you first learn about yoga training in India?**
 - Social Media
 - Internet Search/Website
 - Friends/Family Recommendation
 - Travel Agency
 - Previous Visits
 - Other: _____
- 12. **Primary Reason for Choosing India for Yoga Training:**
 - Authentic Yoga Tradition
 - Spiritual Environment
 - Affordable Programs
 - Reputation of Indian Yoga Schools
 - Cultural Interest
 - Other: _____
- 13. **Is this your first yoga training program?**
 - Yes
 - No
- 14. **Have you attended yoga training in other countries before?**
 - Yes (Please specify country): _____
 - No
- 15. **Duration of Your Current Yoga Program in India:**
 - Less than 1 week
 - 1–2 weeks
 - 2–4 weeks
 - 1–3 months
 - More than 3 months
- 16. **Type of Yoga Program You Are Enrolled In:**
 - Yoga Teacher Training (200 Hrs)
 - Yoga Teacher Training (300/500 Hrs)
 - Wellness Retreat/Healing Program
 - Meditation Retreat
 - Spiritual/Ashram Residency
 - Other: _____
- 17. **Which Yoga Tradition or Style Are You Primarily Practicing?**

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- Hatha Yoga
- Ashtanga Yoga
- Vinyasa Yoga
- Kundalini Yoga
- Iyengar Yoga
- Meditation and Mindfulness
- Mixed/Multiple Styles
- Other: _____

18. Mode of Stay During Yoga Training:

- Ashram
- Yoga School/Training Center
- Hotel/Guest House
- Private Residence
- Homestay
- Other: _____

19. Is this visit combined with other purposes (e.g., tourism, medical treatment, business)?

- Only Yoga Training
- Yoga + Tourism
- Yoga + Spiritual Pilgrimage
- Yoga + Work/Business
- Yoga + Medical/Health Reasons
- Other: _____

20. Do you plan to visit India again for yoga or related spiritual purposes in the future?

- Yes
- No
- Not Sure

Section 2: Psychological Motivations

Instruction:

Please indicate how much you agree or disagree with the following statements regarding your **psychological motivations** for participating in yoga training in India.

(1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree)

S.No.	Statement	1	2	3	4	5
1	I came to India to reduce stress and mental fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Achieving inner peace and emotional balance motivated me to undertake this yoga training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Spiritual growth and self-realization were primary reasons for joining yoga in India.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I aim to improve my overall mental well-being through this yoga experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Learning authentic yoga from its place of origin was important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I wanted to escape from daily routine and pressures of modern life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	My motivation was to deepen my existing yoga practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I sought healing from past emotional or psychological challenges through yoga.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Exploring my inner self and understanding myself better was one of my goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Improving my focus, mindfulness, and mental clarity motivated me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	The idea of living a yogic lifestyle (simple living, discipline, spiritual focus) attracted me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I was motivated to overcome anxiety, stress, or burnout.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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13	The desire to connect with my higher self or spiritual energy influenced my decision.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I sought mental peace through meditation and yogic practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Experiencing the traditional Indian yogic environment was a major motivation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Sociological Experiences

Please indicate how much you agree or disagree with the following statements regarding your **sociological experiences** during your yoga training in India.

S.No.	Statement	1	2	3	4	5
1	I have developed meaningful relationships with fellow participants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I enjoy cross-cultural interactions with local people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	The community environment here is supportive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I feel accepted regardless of my background, culture, or nationality.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Yoga training has helped me understand Indian culture better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Group practices enhance my learning and overall yoga experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I participated in cultural or religious rituals (e.g., aarti, puja, meditation ceremonies) during my stay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I experience a strong sense of belonging in the yoga community here.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I feel that fellow participants are respectful of diverse cultures and beliefs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I have had meaningful conversations with local Indian residents.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	The yoga community provides a non-judgmental and inclusive atmosphere.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I have made friendships here that will likely continue beyond this program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	My yoga training included interaction with local customs and traditions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I have experienced a positive exchange of cultural values with participants from different countries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Sharing meals or accommodation with others enhanced my social experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I feel inspired by the collective group energy during practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I am more open-minded towards other cultures after this yoga experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I actively participated in group discussions or sharing circles during the program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I felt supported by my teachers and the yoga community during emotionally difficult times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	The yoga training has helped me develop a deeper sense of global citizenship and community belonging.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 4: Training Experience and Satisfaction

S.No.	Statement	1	2	3	4	5
1	The quality of teaching and instruction met my expectations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Teachers were knowledgeable, experienced, and supportive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	The curriculum effectively balanced theory (philosophy) and practical yoga practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	The training schedule was well-organized and well-structured.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	The ashram/school facilities (accommodation, cleanliness, food, etc.) were satisfactory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	The learning environment was peaceful, conducive, and supportive for personal growth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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7	The training enhanced my understanding of yogic philosophy and lifestyle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	The yoga practices were authentic and aligned with my expectations of traditional yoga.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I received adequate psychological and emotional support from teachers or staff when needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	The training matched the descriptions and promises made in advertisements or the website.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Cultural or spiritual activities (e.g., puja, kirtan, rituals) were meaningfully incorporated into the program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I felt safe and comfortable during my stay and training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	Teachers were approachable and open to answering questions or discussing concerns.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	The training contributed positively to my physical, mental, and spiritual growth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	The value I received from the training was worth the financial cost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	The length and intensity of the course were appropriate for my learning needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I felt well-prepared to teach or continue practicing yoga after this training (if applicable).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	The staff and administrative support were helpful and professional.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	The training helped me cultivate a disciplined yogic lifestyle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	Overall, I am highly satisfied with my yoga training experience in India.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 5: Perceived Outcomes of Yoga Training

Please indicate how much you agree or disagree with the following statements regarding the **outcomes you have experienced as a result of your yoga training in India.**

S.No.	Statement	1	2	3	4	5
1	I feel emotionally stronger after this yoga training experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	My ability to manage stress has improved significantly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I have achieved greater mental clarity and focus.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	My physical health has improved as a result of the training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I have developed better emotional balance and inner peace.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	The yoga training enhanced my self-awareness and mindfulness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I now feel more connected with my spiritual self.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	My relationships with others have improved due to increased patience and empathy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I have adopted healthier habits (e.g., diet, sleep, daily routine) since participating in this yoga training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	My understanding of yogic philosophy has deepened significantly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I feel confident in continuing my yoga practice regularly at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I have experienced a sense of healing from past emotional or psychological challenges.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I feel a stronger sense of belonging to the global yoga community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I am more mindful and present in my day-to-day life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	The yoga training has had a transformative impact on my personal growth and well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I feel better equipped to handle life challenges with calmness and resilience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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17	I am more compassionate and tolerant toward people from different cultures and backgrounds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	This yoga experience has motivated me to pursue further yoga education or advanced practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I have experienced significant spiritual growth as a result of this training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	Overall, the yoga training has positively changed my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 6: Challenges Faced

Please indicate how much you agree or disagree with the following statements related to the **challenges you faced during your yoga training experience in India.**

Part A: General Challenges (Likert Scale)

S.No.	Statement	1	2	3	4	5
1	I faced difficulties in adapting to Indian culture and lifestyle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Language barriers made communication challenging during the training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	The yoga training facilities (e.g., accommodation, food, hygiene) did not meet my expectations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	The pace or intensity of the training was physically challenging for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I experienced emotional or mental discomfort during the training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	There was a lack of psychological or emotional support during the program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	The commercialization of yoga affected the authenticity of my experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I faced challenges adjusting to the food provided (e.g., vegetarian diet, spices, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I encountered safety or health-related concerns during my stay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	The quality of teaching was inconsistent or below my expectations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part B: Yes/No Challenges Checklist

11. Did you face any cultural barriers during your stay?

- Yes
- No

If yes, please specify: _____

12. Did language pose a significant challenge for you?

- Yes
- No

13. Did you experience any physical health issues during the program?

- Yes
- No

If yes, please describe: _____

14. Did you experience any mental/emotional discomfort?

- Yes
- No

15. Did you feel that the yoga school/program was overly commercialized?

- Yes
- No

Part C: Open-Ended Questions

16. What were the most significant challenges you faced during your yoga training in India?

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17. What suggestions would you give to improve the yoga training experience for future participants?

Section 7: Feedback and Suggestions

Instruction:

Please take a moment to reflect on your overall yoga training experience in India and share your honest feedback, thoughts, and suggestions. Your responses will help improve the quality of future yoga training programs.

Open-Ended Feedback Questions:

1. **What were the most rewarding or meaningful aspects of your yoga training experience in India?**

2. **Were there any aspects of the training that exceeded your expectations? If yes, please describe.**

3. **Were there any aspects that did not meet your expectations? If yes, please elaborate.**

4. **Do you have any suggestions for improving the yoga training program, facilities, teaching, or cultural experience?**

5. **How do you plan to integrate what you have learned here into your daily life after returning home?**

6. **Would you recommend this yoga training program to others? Why or why not?**

Yes

No

Please explain your choice: _____

7. **Would you consider returning to India for further yoga training or spiritual learning in the future?**

Yes

No

Maybe

Please share your thoughts: _____

8. **Any additional comments, feedback, or reflections you'd like to share?**
