

Green Lotus Mentorship Program

Somewhere along the line you decided to teach yoga. You took some training and now you need help in deepening various aspects of your teaching – such as teaching with intention or articulating clear instruction – or maybe you need support and guidance from a caring, well-schooled senior teacher. Either way, this program is for you.

Whether you are a first-time teacher or ten years strong, the heart of the yoga teacher is that of a lifelong learner. This unique program allows you to have “in-action training” and apprenticeship with highly experienced teachers. Green Lotus’s mentorship practicum includes observation, assisting, and teaching a full class, always supported by one-on-one conversation with your mentor teacher. This experience ultimately will enable you to be a “reflective practitioner” as a result of evaluative conversation and shadowed experience with your mentor.

Learn to effectively serve your students as well as your own yoga journey. You’ll receive knowledge and the tools to bring more clarity to your classroom – tools that will transform your students’ practices. This program also is designed to help you teach using heart-felt intention to inspire your students. Find the source and find the words to transform your teaching.

There’s a time to go it alone and there’s a time to be nurtured and nourished with technique, compassion and experience. Our certified experienced mentoring teachers will assist in your personal and professional growth.

Program Structure:

1. Six-week program
2. Three one-hour personal feedback sessions with the senior mentor teacher
3. **Assist** in 5 classes to be determined accompanied by one feedback session
4. **Teach sections of 5 classes**, each section to include a variety of asanas and transitions
5. **Teach two complete classes**
6. Mentorship program meets the requirements for **12 hours of CEUs**

Program Fee:

- \$350: Graduates of Green Lotus Modular Teacher Training and Advanced Yoga Study Program and teachers at Green Lotus Yoga & Healing Center
- \$425: Teachers at other Centers and graduates of other teaching programs

green lotus



yoga & healing center of lakeville

Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone: Cell _____ Work _____ Fax _____

Email address _____

Occupation _____ Gender _____ Birth Date _____

Who can we call in case of an emergency?

Name _____ Telephone _____

REQUIREMENT FOR GREEN LOTUS MENTORSHIP PROGRAM.

You must have successfully completed a 200 Hour Yoga Alliance Teacher Training Program.

200 Hour Teacher Training Location:

Completion Date:

REGISTRATION QUESTIONS

1. What are your expectations for the Mentorship program? What do you hope to gain, learn, or work on?

2. Tell us about your physical health (major illnesses, surgeries, any injuries or physical conditions we should know about?)

3. Tell us about your emotional and mental health (previous or current therapy, type, length of time, eating disorders, bouts of depression, addictive behavior, etc.) Note: Please understand that any difficult times you have gone through and the healing road you've walked will be a bonus to your students.

4. Check areas of Mentorship interest:

- Hatha Yoga _____
- Yin Yoga _____
- Gentle Yoga _____
- Vinyasa Flow _____

SIGNATURE: _____ DATE: _____