

YOGA TEACHER MENTORING



MOVE TO THE NEXT STAGE OF TEACHING

OFFERING INSIGHT FROM OVER 10 YEARS OF TEACHING AND WORKING WITH YOGA MASTERS YOU CAN WORK WITH HEATHER ON:

CLASSROOM MANAGEMENT:

- SETTING SPACE
- LESSON PLANS
- ELEVATE INTENTIONS OF CLASS
- ASSISTS/ADJUSTMENTS

BUILDING CLASSES

- CONNECT WITH STUDENTS
- INSPIRE STUDENTS TO RETURN TO CLASS
- GOAL SETTING & MANIFESTING



RASA
YOGA

YOGA TEACHER MENTORING

6 MONTH PROGRAM COMPONENTS

Mentor will provide:

- Attendance of 2 classes a month of mentee and provide feedback. (\$150 Retail)
- Team Teaching at Rasa Yoga to gain experience & confidence. (\$100 Retail)
- Availability weekly via whats app & Marco Polo
- 2 -30 min Meeting (in person or zoom) a month for customized learning (\$75 Retail)
- Yoga class tuition for duration of program (\$499 retail)

Mentee commits to:

- Attending one of mentors classes each week
- Reflect on class and give recap/ questions.
- Communicate.
- Attend monthly meeting.

**If Mentor determines the knowlege needed is outside the scope of mentorship, will refer students to appropriate workshops.



Retail: ~~\$824~~

Your investment 50% off - \$399