



Yoga Yoga Teacher Training: Mentor Program Student Information 2011

Objective: To provide Teacher Training students with an opportunity to observe senior yoga teachers teaching in a classroom setting and to deepen their learning experience by providing a structured forum to receive encouragement, guidance and answers to specific questions related to teaching yoga publicly and developing a personal practice. The mentor program is designed to serve students during the program and in the 6 months after graduation as they begin or prepare to begin teaching.

Mentoring and consultation is an important part of improving confidence and skills as a yoga teacher and provides an important feedback loop and support system for our new graduates as they start teaching independently.

Intensive program enrollees: Due to the intensive format, students enrolled in the month long intensive will be unable to attend public classes as part of their training. Students enrolled in the intensive format are encouraged to take part in the mentorship program after the completion of the month long format. For those enrolled in the three part intensive program, participation is encouraged between the second and third meeting, and after graduation. Again, all YYTT graduates are invited to participate up to 6 months after graduation. Participation can extend beyond this time frame through special arrangement and a small administrative fee.

Details: YYTT students are welcome to observe any class from a teacher who is an approved mentor. The mentor list is provided early in the program so that you can start taking classes from and developing a relationship with the mentoring teachers prior to attending the schedule mentoring sessions.

Observation etiquette: YYTT students should check-in with the mentoring teacher prior to the start of class. During class take notes, but be sure to focus on observing what is actually happening in the classroom, rather than writing furiously the entire class! When your head is down, you disconnect with the experience. Remember, this is a public class and the mentoring teacher will prioritize their time to serve the students in the classroom, before, during and after class. Introduce yourself to the teacher before class begins and be available to help the teacher distribute props. The mentoring teacher will introduce you to the class.

- Do not verbally assist students without explicit prior agreement from the observing teacher.
- Unless you have been hired by Yoga Yoga, AND carry individual liability insurance AND have explicit permission from the mentoring teacher, observing students never physically adjust students.
- Mentoring students can, with permission from the mentoring teacher, assist by propping students for savasana or offer verbal one-on-one assistance during class if specifically cued by the mentoring teacher.

Tutorial Sessions: Yoga Yoga will schedule 2 one-hour tutorial sessions with mentoring teachers per month. These sessions will be weekday evenings and weekends and will alternate among the teachers who participate in the mentorship program. Each session will have a topic or a theme, but the following will enhance your experience:

1. Attend classes with this teacher before attending a mentoring session. This will benefit both of you - you will know them, they will know you.

2. Come with questions to facilitate discussion.
3. Practice teaching is an integral component of Yoga Yoga's Teacher Training program. This is a time for discussion, refinement and guidance as you transition into becoming a teacher yourself.
4. The mentoring teachers are all long-term teachers, so they have a lot of insight around the transition into teaching, common challenges and obstacles for new teachers.
5. This is a chance to answer any questions about sequencing, style and to share personal experience as a guide to inspire you as you continue on your path!

Practicalities:

- Sign-in occurs through the front desk. You are signed in as an "YYTT observer" and this does not affect your numbered class pass or unlimited pass.
- Yoga Yoga reserves the right to limit the number of observers in any one class. It is first come first serve. If more than 2 YYTT students or alumni come to observe the same class, the first two are signed in as observers; any subsequent observers are invited to attend as participants, as our guest.
- Tutorial sessions are scheduled every four months, in line with Yoga Yoga's class schedule. A schedule is available via your lead teacher.
- Check-in occurs through the front desk.

Mentoring Teachers will be announced once you have started your track.