



## Balanced Life Yoga –Mentorship Program

The Mentorship Program is the perfect bridge from training to teaching!

**We are here to show you how to become an inspiring and successful teacher.**

If you are committed to truly developing yourself as a world-class teacher, see a little extra individualized guidance and support as you begin your teaching career or just want to work closer with a senior teacher to refine and deepen your skill, then this program is the opportunity to easefully build confidence, success and yourself!

Work with our amazing teachers who will lovingly and skillfully help you one-on-one development and mentoring support as well as learn key ways to teach from your heart, attract from your deepest intention and create a flow of well-being, prosperity and joy for yourself and your Yoga community.

### **During this intensive six-week program, you will:**

- Work one-on-one with a Balanced Life Yoga mentor who will lovingly help you to assess and refine your teaching needs and skills.
- Assist your mentor in one class per week, working on observational and teaching skills in the classroom. Pre and post class debriefs will help you focus your learning experience
- Learn valuable and meaningful ways to market & sell, build community, stand in your voice and radiance and increase your class attendance and your income as a teacher.
- **GAIN CONFIDENCE!!!!!!!!!!**

\*Balanced Life Yoga hires exclusively from its Mentor Program and is seeking to build and grow our team. *A position it not guaranteed at the studio.*

Become apart of a wonderful family of Yoga teachers and step into your light and power at Balanced Life Yoga! One-on-one coaching is a priceless experience that will help you grow exponentially as a teacher and an individual. Register today.

**Fee:** \$549 + hst

Please submit application to [possibility@balancedlifeyoga.ca](mailto:possibility@balancedlifeyoga.ca) or in studio.

Limited spaces are available in this program.

**Balanced Life Yoga Mentorship Application**

**Name:**

**Contact:**

**Date:**

Why do you want to teach Yoga?

What do you seek to gain from the Mentorship Program?

Are you willing to be coached and guided by your Mentor and commit to working with them for at least 6 weeks?

Please give us an example of a time your displayed commitment/integrity?

Please give us an example of a time your displayed positive attitude/energy?

What classes are of interest? What is your availability? When can you start?