

{sacred} thread yoga's
300HR Advanced Teacher Training

MENTORSHIP MODULE

Mentorship is part of Sacred Thread's advanced 300 hour teacher training program created for yoga teachers who want to improve their teaching skills and grow professionally. The mentorship program is a bridge for 200 hour RYT's to gain experience.

This program is customized for you and specifically designed to range from 4 to 5 months depending on your curriculum and pace. Because this is an advanced training it is meant to be done over the course of a several months so that you can incorporate and use the information as you go, granting you time to get the most out of the training. Next to a consistent practice, which is required, the components of the program are to shadow, adjust and assist in class with an assigned {sacred} thread mentor for two months and serve as a temporary sub as needed for this class during the extent of your mentorship training.

Months 1 & 2 will require the following:

- Shadowing and Assisting in an assigned weekly class with your mentor
- Showing up 25 minutes prior to class to check in on lesson plan, theme, peak pose and arrange room with props
- Dressing appropriately to Assist in the room & meeting students prior to class
- Meeting once a week (in person or via FaceTime) to download on areas for growth & review questions from the mentee of the mentor relative to how class unfolded. This is a required 30-minute session

Time Commitment: approximately 2 hours a week

Month 3 will require the following:

- Shadowing and Assisting in an assigned weekly class with your mentor
- Showing up 25 minutes prior to class to check in on lesson plan, theme, peak pose and arrange room with props
- Dressing appropriately to Assist in the room & meeting students prior to class
- Subbing for Mentor as needing in the assigned class slot
- Meeting prior to any subbed classes to discuss Mentee's sequence, theme, and class plan

Time Commitment: approximately 3 hours a week

Month 4 will require the following:

- Subbing for Mentor as needing in the assigned class slot
- Meeting prior to any subbed classes to discuss Mentee's sequence, theme, and class plan
- Planning & Leading a once-a-week community class at one of {sacred} thread's studios

- Mentee will receive feedback from mentor and/or training director post-class & have a once a week call with Mentor and/or training director to digest
- Time Commitment: approximately 3 hours a week including prep time to plan your class

Certification is granted to those individuals who fulfill {sacred} thread's 40 hour requirements to the satisfaction of their E-RYT mentor. The mentorship meetings and your community classes are held at {sacred} thread yoga. The program counts as 40 hours toward your 300 hour advanced certification through Yoga Alliance as part of {sacred} thread's 300HR program. TO assure quality and one-on-one attention, we only accept a maximum of three mentees per season. Space is limited. One full and one partial scholarship is available each season with a preference to graduates of {sacred} thread's 200HR program.

Investment: \$450 In Advance or \$125 per month for 4 months

To Apply Please Provide the Following Information:

Name: _____

Address: _____

Where, With Whom and in What Style did you complete your 200HR Training?

Teaching experience is not required to be in this program but we do want to get a feel for what you've done so far. Describe your experience with teaching thus far? Where have you taught? What style of classes are you currently teaching?

What is your goal in regard to teaching? Please include the environment you wish to ultimately provide yoga in (studio, school, medical facility, etc) as well as the offering you'd like to create.

What have you found to be the biggest obstacle in moving on your path as a teacher?

What do you feel is your biggest strength in sharing yoga? If you are teaching classes now please include your best teaching skill in the class room.....

What are you hoping to learn from this mentorship opportunity?

Teaching requires showing up even at times when your life may feel in shambles. This is the most difficult aspect of teaching for many. To that end it is required you make all of the set meetings with your mentor. While you can schedule up to four weeks off over the course of the program (turning it into a 5 month process) - this must be done at least one week in advance. Failure to do so may jeopardize your ability to complete the hours for certification. Are you able to fully commit?

One Scholarship is available per season. Tell us a bit about your financial need and/or your commitment to excellent as well as the {sacred} thread community. Where will this opportunity take you & how you might be giving back?
