



## ***“A brain to pick, an ear to listen, a guide to fulfilling your dreams”***

Whether you are simply curious about yoga, a first time teacher, or have been practicing or teaching yoga for years, we are always lifelong learner. K10Yoga 6 week Mentorship program allows you to have in action training and apprenticeship geared towards your goals with an experienced teacher. The program includes practice, observation, assisting, teaching and personal study 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. 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 mentor program will assist in your personal and professional growth. This program offers 30 hours of CEU for RYT’s.

Apply today to set up a personalized mentorship that is just right for you.

- Private Mentorship Sessions: Two, one hour sessions at the beginning and end of the 6 weeks
- Asana Practice: Take a minimum of 2 yoga classes each week
- Observation/Assist: 1-2 classes with your mentor
- Service: Teach one of two full length karma classes. Your mentor will observe and offer feedback. These classes can be free or donation based, giving to an organization of our calling. (Optional for non RYT’s)
- Personal Study: Goal setting projects that may include but are not limited to sequencing, adjustments, communication, community, service, special populations, yoga sutras, developing a home practice, anatomy and more

### PREREQUISITES

This program is open to those who:

- Are interested in deepening their practice and possibly sharing it but are not ready to commit to a full Yoga Teacher Training program OR
- Have completed a 200 hour yoga teacher training (or equivalent) and want more
- Have completed the mentorship application form
- Currently practice yoga

**SCHEDULE:** This unique program can start at any time to coordinate with the availability of a mentor. (30+ hours)

**COST:** \$250 K10Yoga Alum, \$350

