



60 HOUR MENTORSHIP PROGRAM REGISTRATION

Thank you for choosing Halifax Yoga as your school for higher learning. We are honored to be given this opportunity to study and learn together. Let's get started!

How to Register:

Please complete and submit the registration form below by email to laura@halifaxyoga.com and submit your processing fee of \$50 along with a deposit payment of \$100 to activate your registration (Pay with Laura Gibson, Studio Manager, by credit card, debit or by check). Once accepted into the program the \$100 deposit will be deducted from the tuition and is non-refundable.

Your application form will be reviewed immediately, and you will be notified of approval within 3-5 business days. Please submit your application early to ensure a spot in the program.

Alternatively, you can download the printable version of our application form, and bring or mail it to Halifax Yoga, 7 Purcell's Cove Road, Halifax NS, B3N 1R2. Please include your deposit and your processing fee.

Payment Options:

Early Bird - \$695 (plus tax) until Feb 12th (Special 4month unlimited membership available for \$400 plus tax with early bird) Regular Cost - \$795 (plus taxes)

Once Mentorship Program starts the tuition is non-refundable and non-transferable.

Your Information

Name: _____ Email Address: _____
Address: _____
Telephone (home & cell): _____
Birthdate (DD/MM/YYYY): _____ Occupation: _____

Emergency Contact:

Contact Name: _____ Telephone: _____

Anything about your health that would limit you taking part in this training? If so, please describe:

Are you taking any prescription medication and if so what?

THE BEST YOU. A BETTER WORLD.

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How did you hear about Halifax Yoga Mentorship Program? _____

What school did you receive your 200 Hour Yoga Teacher Training Certification from? _____

What style of yoga do you practice and how often? _____

How many months/years have you been practicing? _____

Is there a teacher or teaching style that you prefer? _____

How long have you been teaching? _____

Are you actively teaching anywhere currently? If so, please list: _____

Are you planning to teach upon completion of this course, or is this intended for personal development?

Do you have a daily meditation practice? _____

Are there any specific areas of interest that you would like to explore in this course?

What are your goals/expectations for this training? _____

What do you hope to achieve upon completion of this course? _____

What are your strengths as a teacher? _____

What are you currently working on as a teacher? _____

What are your 1 year, 3-year & 5-year goals in your personal life, with your career and with your health?
Please list 3 for each: _____

Mentorship Program Goals:

1. Assist in the transition from YTT to teaching in a studio.
2. Create your WHY – getting clarity around why you teach to help facilitate how you teach.
3. Prioritize your own health and wellbeing – crucial to be a successful teacher over the long term.
4. Review techniques: Alignment and biomechanics of various poses.
5. Discuss and advice for various class scenarios–in-class injuries, class behavior and communication, teacher/student relationships
6. Develop effective teaching techniques and communication, etc.
7. Create and develop your unique voice, and more!

Certification Criteria

We reserve the right to withhold certification from any student who fails to develop these skills.

Every attempt will be made to provide input throughout the program about teaching deficits that might impede certification.

The facilitator will use the following criteria to establish student eligibility for certification:

1. Practice Teaching: Throughout the program participants will be asked to teach. All aspects of the student's performance will be graded including timing of the class, sequencing, safety, physical assists, etc...
2. Personal Development: Participants will be responsible to observe/assist classes of your mentor (or classes recommended by your mentor. Complete reflection assignments, reading assignments, homework, and preparation for teaching practicum.
3. Attendance: Once the program has begun there are no refunds or changes. Concessions can be made for medical reasons with a doctor's note.

If time is missed during the program, content must be made up. Students are required to make up the hours missed by attending. This may include pay for another approved program at Halifax Yoga or a private session with facilitator. Participants will be given the standards needed to make up time as all hours must be made up and would be paid at an additional expense to the student. Participants must make up these hours and the content to receive their certificate of completion.

Agreement

I have read and understand all the above criteria for certification of Mentorship Program through Halifax Yoga Studio. I agree to meet all requirements outlined in this document.

I fully understand and agree that this program is non-refundable and non-transferable once it has started;

yes no

I fully understand and agree that all missed time must be made up before the end of the program and I am responsible for the additional cost of making up these missed hours:

yes no

Name (please print) _____

Signature : _____ Date: _____