



## 80 HOUR MENTORSHIP PROGRAM REGISTRATION

Thank you for choosing Halifax Yoga as your school for higher learning. We are honoured 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](mailto:laura@halifaxyoga.com) and submit your processing fee of \$50 along with a deposit payment of 50% to activate your registration (pay with Laura Gibson, Studio Manager, by credit card, debit or cheque). Once accepted into the program, the deposit will be deducted from the tuition and is non-refundable.

Your application form will be reviewed, and you will be notified of approval with 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, 1027 Purcell's Cove Rd., Halifax NS, B3N 1R2. Please include your deposit and your processing fee.

### Your Information:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone (home & mobile): \_\_\_\_\_

Birthday (DD/MM/YYYY): \_\_\_\_\_ Occupation: \_\_\_\_\_

### Emergency Contact:

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

How did you hear about Halifax Yoga's Mentorship Program?

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Where and what year did you receive your 200 Hour Yoga Teacher Training Certificate from?

Have you completed any other training since?

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Do you have a current yoga practice? Yes  No

How long have you been practicing? \_\_\_\_\_



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What style(s) of yoga are you drawn to for practice? (please circle/highlight) \*include any others

Flow	Power	Hatha	Yin	Restorative
Prenatal	Yin Yang			

Are you currently and/or have been teaching? Yes  No

If so, what "style(s)" have you taught? \_\_\_\_\_

How long have you been teaching? \_\_\_\_\_

Why are you interested in this Mentorship program (what do you hope to gain from it)?

Do you have a meditation practice? \_\_\_\_\_

Are there any specific areas of interest you would like to explore during this program?

What are strengths as a teacher? \_\_\_\_\_

What styles of yoga have you tried? \_\_\_\_\_

What is/are your preferred style(s) for practice? (please circle/highlight) \*include any others

Flow	Power	Hatha	Yin	Restorative
Prenatal	Yin Yang			

What is/are your preferred style(s) for teaching? (please circle/highlight) \*include any others

Flow	Power	Hatha	Yin	Restorative
Prenatal	Yin Yang			

Do you have experience teaching with music? Explain: \_\_\_\_\_

Have you received formal feedback in the past? If so, how was that experience? \_\_\_\_\_

Anything about your health that would impede your participation in this training? If so, please describe:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Mentorship Program Goals:**

- Elevate and build confidence and diversity in your teaching
- Get clarity around why you teach to help facilitate how you teach
- Understand how to build a class that represents you as a teacher
- Gain exposure to various styles of yoga and the possibilities within the different practices
- Review techniques: alignment and biomechanics of various poses
- Introduce new poses, including modifications and cueing
- Gain more teaching experience with immediate feedback
- Develop skills enabling you to monitor for safety and appropriately hold space for ALL students
- Provide a collaborative learning environment to deepen your own teaching through shared experience
- 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(s) will use the following criteria to establish student's eligibility for certification:

1. Practice teaching: Throughout the program participants will be required to teach. All aspects of the student's performance will be evaluated.
2. Personal development: participants will be responsible to observe/attend classes, complete reflection 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 a facilitator(s). 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.



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**Payment Options:**

Early Bird - \$650 (plus tax) until Aug 11<sup>th</sup>. Regular Cost- \$750 (plus taxes) ~includes a 10-class pass.

\*Option for 4month unlimited for \$400 with early bird rate.

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

**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 I 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 that I am fully responsible for the additional cost of making up this missed time:

YES  NO

Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_