



Mentorship Guidelines for YAA TTP Students

1. Mentorship fee is \$350 for 10 hours. Payment can be by cash, cheque, e-transfer to kpoweryoga.ca or by credit card through my website shop (<https://kpoweryoga.ca/shop/>). If you require a payment plan, please let me know and I'd be happy to accommodate you. Mentorship fees are non-refundable.
2. The 10 hours covers my time spent on various aspects of your mentorship and is not solely one-on-one guidance.
3. Included in the 10 hours: review of assignments, notes and progress, providing feedback, answering questions, meetings (if requested by the student), preparing a letter of recommendation and a minimum of 2 hours of practice teaching
4. Not included in the fee: room rental for practice teaching sessions (\$30 per session) and any time requested over and above the 10 hours.
5. Student is responsible for arranging a meeting with the mentor should they wish to receive one-on-one guidance. Meetings can be in-person, over the phone or on Zoom and will be at a time/place convenient for both parties. Meetings can be a brief chat before or after class (depending on my availability) or they can be longer sessions scheduled outside of class if needed.
6. Questions can also be sent and answered through email to kpoweryoga@shaw.ca
7. Student is expected to attend regular classes with me during their time in the YAA TTP. This is a very important part of the program. Students need to learn the practice in their own bodies before they can teach others.
8. If they wish, the student is welcome and encouraged to continue attending classes with me following their graduation from the TTP as hours can be used for Recertification and Advanced Training Levels
9. Student is asked to take written notes during each Core Curriculum class they attend and send me a brief written summary following each class. This is also a good time to ask questions if you need clarification on anything. This is a good way for me to monitor your progress, address any questions, concerns or gaps in learning, and ensure you have a good understanding of the material presented.
10. Keep in mind that all teachers have different ways of teaching and come from a variety of backgrounds and lineages, so you may hear different things (possibly even contradictory things) from different teachers. If you have questions, please ask.
11. I will keep track of the hours spent on mentorship on my end and am happy to share this with you on request.
12. Any time requested that is over and above the 10 hours may be billed at \$40/hour.
13. It is the student's responsibility to ensure they have a good understanding of the requirements of the program and to ask for assistance if they feel there are gaps in their training or in their understanding.

14. At least two hours of supervised teaching are required, however more than two hours can be done if requested by the student or if I feel the student could benefit from more teaching practice.
15. I recommend the trainee teach two half classes and one full class to make up the 2 hours if possible (i.e. I will teach the first half of a class, the trainee will teach the second half, then the trainee will teach the first half and I will teach the second half, then the trainee will teach a full class).
16. I also recommend that practice teaching sessions be done during my public classes if possible. This will give you the opportunity to teach to people outside of your circle, which is a valuable experience. The room rental fee (\$30) is not included in the mentorship fee and is the student's responsibility. People (my regulars, anyone the student wants to invite, members of the public) would be invited to attend the class for free, however I may request they bring a food bank donation so there is some exchange. Everyone participating in the class would be required to sign a waiver, and my insurance will cover you as long as I am supervising your teaching.
17. Alternate arrangements can be made for practice teaching if necessary, including the student setting up classes in their home and/or teaching a Zoom class. There may be a separate travel fee if I need to come to you. If you intend to teach on Zoom following graduation, it may not be a bad idea to try a practice teaching session on Zoom, either with others present or just with me.
18. I am committed to helping students get the most out of their training and ensuring they are ready to teach upon graduation. Please feel free to contact me with any questions or concerns. Again, the student is responsible for checking in with me and for asking questions as needed. A quick chat after class or an email to kpowersyoga@shaw.ca are generally the best ways to reach me.
19. Please note that completion of the YAA 200-Hour program does not guarantee certification. The mentor is responsible for assessing the student's readiness to teach and for ultimately providing a letter of recommendation for initial certification with the YAA. The mentor may request additional assignments, practice teaching or demonstration of knowledge to assure themselves that the student has met the requirements for certification with the YAA.