

One-to-One Yoga Teacher Mentoring Program

12 weeks
\$500

This intimate process of personalized feedback will highlight the greatest strengths and illuminate the weakest links in your current teaching practices, all for the good of moving you toward your highest potential as a unique and authentic yoga teacher.

Prerequisites for Application:

- Currently teaching yoga in Connecticut, certified to teach yoga, or in a teacher training program;
- Attendance at "Authentic Flow... A Yoga Teachers Workshop Series with Peg Oliveira";
- Attendance at 12 Power Vinyasa Yoga classes with Peg during the 12-week mentoring program.

Mentoring Process:

- Week 1: I will attend a class you teach and use an objective method to critically analyze and provide feedback about the class. I will provide you with an audio CD of your class and you will be asked to review and critique.
- Week 2: Using our feedback of your class, together we will create a short-term action plan to implement *the very next time you teach*.
- Weeks 3 – 10: You will implement the short-term action plan.
- Week 11: I will attend a class you teach and use an objective method to critically analyze and provide feedback about the class. I will provide you with an audio CD of your class and you will be asked to review and critique.
- Week 12: Using our feedback of your class, together we will create a revised short-term action plan as well as identify your long-term teaching goals and an action plan for achieving these goals.

PowerVinyasa
Yoga with Peg Oliveira



TO APPLY PLEASE CONTACT:
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