

YOGA TEACHER

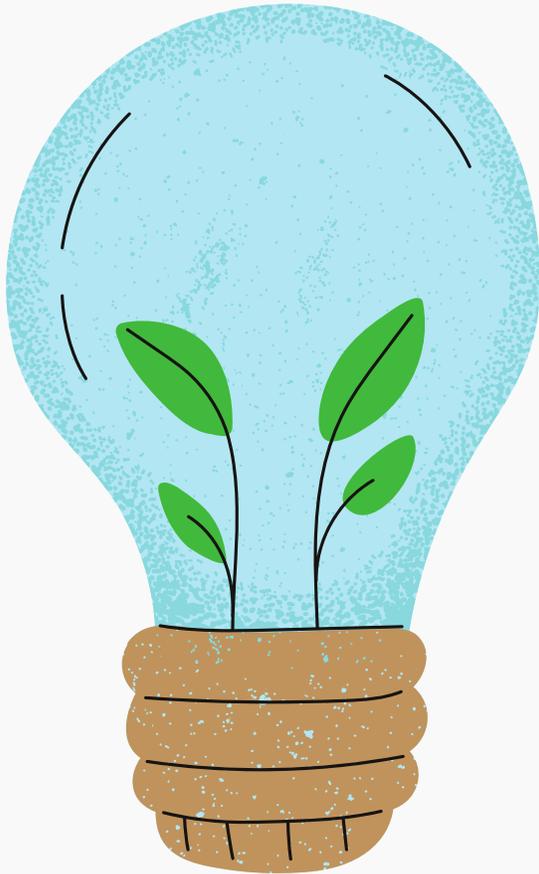
# MENTORSHIP

[www.ohmyoga.fit](http://www.ohmyoga.fit)  
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Growth is never by mere chance; it is the result of forces working together.

JAMES CASH PENNEY

# ABOUT THE PROGRAM



## **This program is for you if...**

You have a desire to learn, grow, and dive deeper into your yoga project.

You are ready to step into actualizing your goals with an open heart and mind.

- Refine your teaching skills
- Study with an experienced instructor
- Define your personal and professional goals
- Build confidence
- Gain teaching experience
- Learn to sequence skillfully
- Find and strengthen your authentic voice
- Develop your cuing and assists
- Receive Yoga Alliance continuing education hours



**INSPIRE**

**ENERGIZE**

**ILLUMINATE**



# THE DETAILS

## **Private Mentorship:**

Meet with me 2 times per week for discussion/practice. Each session is 1 hour and is structured towards your goals and objectives. Meetings are held over Zoom.

## **Personal Study:**

You will be assigned custom reading/writing/experiential projects tailored to what I deem most appropriate for your learning. This program is all about YOU, which means you need to invest time into yourself as well.

## **Asana Practice:**

You are encouraged to practice asana classes outside of this program at least once per week. Choose classes that you are interested in and work for your schedule. I can always pass along recommendations. This is both for your own wellbeing and for you to observe different teachers and their teaching styles.

## **Practice Teaching:**

Towards the end of the program you will have the opportunity to teach two, hour long classes. Details will be determined in coordination with me. I will observe the classes and provide feedback.

# MORE DETAILS

## **Schedule:**

This program can start at any time. Simply contact me to inquire about availability. ([roxy@ohmyoga.fit](mailto:roxy@ohmyoga.fit))

## **Timeline:**

I offer two mentorship options. You can choose either a six week program or a three month program. Which you choose depends on your personal goals and needs. Keep in mind there are no hard and fast deadlines due to the personalized nature of the program.

### Six Week Program (30 hours)

- 12 private mentorship sessions
- Investment: \$700

### Three Month Program (60 hours)

- 24 private mentorship sessions
- Investment: \$1400

## **Payment:**

- A \$300 non-refundable deposit is due upon registration
- The remaining balance is due by the first day of the program
- Payment plans available!

# SOME MORE DETAILS

## **Yoga Alliance:**

To receive credit for this training you must be currently registered with Yoga Alliance before the start date of your program. If you need help navigating this please don't hesitate to ask! Visit the YA website for more details.

Upon completion of your program you will receive a digital certificate. The six week program gives you 30 CEUs and the three month program 60 CEUs respectively.



AND SO

# IT BEGINS

## Yoga Sutra 1.1 - Atha Yoga Anuśhāsanam

Now, the teachings of yoga.

Diving into yoga is about being with the original.

Dear Friends,

Thank you for expressing interest in my program and teachings. I am honored to share what I have learned from all of my teachers along the way. Yoga is a continuous process of learning and unlearning and unlocking the answers that already live inside of you.

I look forward to guiding you along this journey and wish you health, happiness and prosperity. Yoga is a choice each and every day. I am so happy that you have chosen to take part in it. I am just a click or call away, so please don't hesitate to reach out.

From my heart to yours,

 Roxy Ring