



3 Month Follow-On Mentorship Programme

with Jason Pooley



A 3-month progressive learning programme designed for all graduates of a 200hour YTT qualification who want to dive into the world of teaching, whilst continuing their very own personal development journey. This Teacher Mentorship Programme is an in-depth transformative experience that will support your transition from your 200hr teacher training programme in a powerful way in providing you with the following:

An opportunity for you to teach on-going group sessions with live practical feedback

The space for you to share thoughts, ideas, questions and experiences with your teaching tribe on a consistent basis

The opportunity for continued learning, growth and inspiration - crafting your skills takes time and conscious effort.

...now is the time to gain a new level of confidence and mastery on your journey of becoming the best teacher you can be!

Our 3 Month Timeline Includes:

Monthly teaching masterclasses of 90 mins (3 in total) with Jason Pooley:

These take the form of ongoing development of your yoga teaching skills, gaining the confidence to move into the role of a successful yoga teacher, as well as group sessions regarding teaching issues and challenges you are facing.

Below are some of the typical questions that show up along the teaching journey:

- I want to teach more - how do I go about creating opportunities that will allow me to share my value to the world?
- I just taught a class, and there was a weird vibe / something awkward happened / a student did or said something that threw me off - is it just me or has this happened to anyone else?
- Are my classes and my teaching having an impact?
- Are my students enjoying my teaching?
- Are my classes too hard / too easy / too boring?
- Am I resonating and connecting with my students?





**Monthly online High Performance Coaching sessions (3 x 60 mins)
with Jason Pooley:**

Jason is a certified high performance coach (CHPC) and will help you gain greater levels of clarity, energy, courage, productivity and influence in your personal and professional life. You will go to work on personal & business goals to give you the best possible opportunity of growing your passion and having a greater impact in the world.

Studio immersion session with Ebb&Flow:

Led by Rianna & Katy, this studio immersion will introduce you to the key elements of working with a studio as a certified yoga teacher. This session will be held online towards the start of your mentorship programme, and give you a chance to get to know the team, ask any questions you have, and get a general feel for how we run things, including:

- Welcome to our studio
- Learn how we run and operate in-house
- Meet the team
- Understand the collaboration between studio and teachers
- Introduction to the weekly community classes





Opportunity to teach community classes at Ebb&Flow Yoga (3 months):

Across the period of this mentorship programme, this will be a great opportunity to hone your teaching skills. Weekly community classes will be scheduled, and you will share the rota between all fellow mentorship students. You will learn how to move around efficiently, time your assists appropriately, read the room, and address limitations of individuals.

You will also receive thoughtful class critique and useful feedback from your audience of real Ebb&Flow students via a specially tailored feedback form that all students must fill out, as this will be their contribution, as well as supporting you and your fellow mentorship students. These classes will be complimentary for our community.

****We are always looking for new teachers to add to our carefully curated teacher community. Only graduates holding a 200hr+ qualification can take part in the community classes and all teachers of this class must be part of our mentorship programme****



“Find Your Voice” 2 hour in-person workshop:

A fun and experiential workshop where you will go to work on connecting to your true authentic voice, rather than what we call (fluffy) yoga teacher talk, so that you can speak to what's needed in the moment, with clarity and intention. This will be a great opportunity to explore your personal story, share from your heart with your fellow yogis and eventually your students.

Areas covered:

- Body language
- Voice anatomy and technique
- Improvisation and being present with the students in the room
- Embracing the practice of teaching through journaling and self-care
- Role playing
- Your unique voice; owning your power by speaking your truth
- Language - why what you say really matters and how less is often more
- Boundaries and the role of the teacher
- Storytelling that impacts your students beyond the physical pose



Investment: £450

(payment plan available – please get in touch for details)

APPLY NOW