

FORREST YOGA MENTORSHIP PROGRAM

General Information Handout

version 1.8 September 2010



The Forrest Yoga Mentorship Program (FYMP) is an incredible new opportunity designed to give you support after the Forrest Yoga Teacher Training (FYTT) course.

“I’ve hand-picked these Guardians for their unique skills. They are incredibly equipped to run this program and have pledged to be Guardians of the Forrest Yoga Legacy and the Hoop of the Teachers. They have committed to shepherding Mentees to become great Forrest Yoga teachers and to making the Mending the Hoop of the People happen. These are big life pledges and I couldn’t ask for a deeper loyalty to Forrest Yoga.”

Ana Forrest

The Guardians will help you (the Mentee) further develop into an excellent yoga teacher by providing workshops on teaching and assisting, inspiration and guidance to complete your homework and become certified, and a forum for your questions about teaching Forrest Yoga.

Program benefits include:

- Continuing education workshops to increase teaching and assisting skills.
- Teaching feedback and guidance from your Guardian.
- Quarterly bridge calls with your Guardian and fellow Mentees to go deeper into the process work begun during your foundation course.
- Guidance and support on your journey toward Forrest Yoga Certification.
- Access to the Forrest Yoga Mentee community.
- An opportunity to go deeper and walk your spirit path with more support.
- Training toward assisting Ana.
- Discounts on Forrest Yoga products and events.
- Assistance with growing your business as a teacher – i.e. growing classes or finding opportunities to teach.

PROGRAM OUTLINE

During the 12 months of this program you will receive:

- Four all day (or two-day) workshops given once per quarter (every 3 months) that address:
 - Teaching skills.
 - Hand-on assists
 - Sequencing
 - Assisting a class
 - Working with injuries
 - Seeing
 - Basic Ceremony
 - Guided Writing Process for Setting Intent
- Access to your Guardian by phone or e-mail for ongoing guidance regarding teaching Forrest Yoga.
- Four quarterly conference calls (bridge calls) with your Guardian and Mentee group for instruction and discussion on a teaching topic provided by Ana Forrest. (The first call takes place approximately 6 weeks after the first workshop and then one every three months thereafter.)
- A guided process for working long term with a Mentee partner (butt-kicker) to help you identify and achieve your goals.

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- Milestone certification homework assignments for the Mentee group to help you achieve your Forrest Yoga Certification in community. Should you enter the Mentorship Program, your 1 year term for certification begins with the date of your first workshop.

PROGRAM REQUIREMENTS

The program requirements for Mentees are:

- You must have successfully completed a Forrest Yoga Teacher Training Foundation Course.
- You must participate 100% in all Mentorship workshops and bridge calls to complete the program.
- You must be actively working toward completing your certification homework and satisfying all certification requirements.
- You must be a member in good standing in the Forrest Yoga Hoop of the Teachers. (For application forms, you can e-mail Forrest Yoga's Teacher Liaison at liaison@forrestyoga.com or the Forrest Yoga infoline at info@forrestyoga.com.)

CHOOSING A GUARDIAN

You may choose to study with any of the Forrest Yoga Guardian Teachers. Our Guardians are located across the country plus one in Korea. Since it is a program requirement to physically attend the four workshops given by your Guardian, we recommend that you choose someone in or near your region. However, the entire list is open to you so long as you can get to your Guardian's workshops.

If a large enough group of trainees from the same area wish to enter the Mentorship Program and there is no local Guardian, it may be possible for one to travel to your location for the four quarterly Workshops. Contact the Mentorship Program Liaison at mentorshipprogram@forrestyoga.com for more information. This is not a guaranteed option and feasibility is strictly dependant upon the availability of the Guardian.

To meet the Guardians and see where they are located, check out their pictures, bios and contact information included in this package. You can also find them on our website www.forrestyoga.com under "Teachers", "Mentorship Program" and scroll down to click on one of our Guardian Teachers.

REGISTRATION FEES AND SCHEDULE

The Forrest Yoga Mentorship Program is a full year commitment for a total cost of \$1,200. Payment plans are available (see details in the FAQs in this packet). A non-refundable deposit of \$400 or full program payment must be made to your Guardian accompanied by a completed registration form and you must be a member in good standing in the Forrest Yoga Hoop of the Teachers before commencing the program. After the first workshop, all program payments are non-refundable. The Mentorship Program Cycle begins on or about November 15th each year. However, each Guardian will set their own schedule so be sure to check with your Guardian for the location, dates and times of his/her Workshops.

Our Guardians are thrilled and excited to walk alongside you from the completion of the FYTT onward. Joining the Mentorship Program will solidify your connection to Forrest Yoga and your amazing group of fellow trainees, kick off your path to completing your certification and, most importantly, pave the way for you to integrate this intense personal experience back into your daily life at home.

For more information or for immediate questions, please contact Mentorship Program Liaison at mentorshipprogram@forrestyoga.com

Get ready to be inspired through breath and movement. Get ready to transform your life with Forrest Yoga!