



## Yoga Teacher Mentoring with Gina Funke

8 week one on one transformational program where you can develop the skills to become a yoga teacher who teaches not just the physical aspect of yoga– but a teacher qualified to transmit the yoga lineage.

Whether you are a new teacher embarking on your teaching journey, or whether you have been teaching for a while and need some inspiration, this one on one mentoring program will ignite your passion for yoga, breathe new life into your sadhana and guide you to find your personal dharma and sankalpa, taking your teaching to the next level.

This is an age-old yogic tradition to seek the guidance and mentoring of a Senior teacher. A mentorship with Gina is an intensive and transformative experience. The program is designed to assist you in extending your skills and abilities as a teacher. Attention is given to developing and enhancing a strong self practice which is the corner stone of teaching. Through guidance, self-study and practice you will deepen your personal yogic lifestyle, discover your teaching dharma, and you will evolve with a practical teaching style that is unique and true.

***'I shall be gone. You shall continue.'***

***And when you'll be gone see that there is somebody to continue.'***

***~Yogi Bhajan***



# **COURSE CONTENT**

## **Teaching Methodology**

- Svadhyaya – Self Study
  - Philosophy of Sankalpa - Intention
  - Finding your Ananta-drishti – Unlimited Vision
- Defining the Yogic lifestyle
  - Yoga lifestyle is a life of balance between “cleaning the mirror” and “spreading the Light”
- Teaching voice, tone and language skills.
- Intelligent movement while teaching
- Effective demonstration
- Accessing your students - teaching effectively
- Intelligent class sequencing and theming
- Use of music, mantra, philosophy, poetry, storytelling, mudra & anatomy.
- Teacher - Student relationship

## **Business of Yoga**

- Social media,
- Marketing
- Insurance & liability
- Continuing professional development
- Best Practice when sub-contracting in studios & gyms
- Best Practice when operating independently
- Studio operation & management

## **Teaching Practical**

- Sequencing & Planning group class
- Teaching group class
- Assisting & Adjusting group class
- Constructive feedback & discussion

## **Sadhana**

### Techniques, Training & Practice

- Study of Sadhana
  - Cultivating a personal practice
  - Creating a practice log
  - Meditation
- How to practice in times of Illness, suffering and loss

## **DELIVERY SCHEDULE**

As this is a one on one personal mentoring program, sign up date is as per availability. Due to the intimate nature and time commitment required by Gina for this program, only 4 teachers will be accepted into the program at any one time.

The programme is made up of:

8 x 75min sessions

2 x general class hands on adjustments (Current restrictions permitting)

1 x assist in studio management and student sign

1 x plan, prepare and teach general studio class

### **Week 1**

#### Sadhana

- Finding your path
- Self-discovery
- Accessing strengths & weakness
- Setting Goals

### **Week 2**

#### Teaching Methodology

- Teaching voice, tone and language skills.
- Intelligent movement while teaching
- Effective demonstration

## Week 3

### Teaching Methodology

- Intelligent class Sequencing
- Class Planning & Preparation
- Accessing your students – teaching effectively
- Use of music, mantra, philosophy, poetry, storytelling, mudra & anatomy.
- Teacher - Student relationship

## Week 4

### Teaching Methodology

- Accessing your students - teaching effectively
- Intelligent class sequencing and theming

## Week 5

### Teaching Methodology

- Ayurvedic Body Types
- Hands on Adjustments
- List of Asana
- Assist & Adjust Group class
- Assist in a group class, observing students and providing hands on adjustments to enhance the practitioner's experience.

## Week 6

### Teaching Methodology

- Pranyama
- Hands on Adjustments
- List of Asana
- Assist & Adjust Group class
- Assist in a group class, observing students and providing hands on adjustments to enhance the practitioner's experience.

## Week 7

### Teaching Practical

#### 1. Assist Studio Management

- Structured around studio times you will be trained basic studio management and have the time to talk to students while building strong student/teacher relationships.

#### 2. Teaching Practical

- Sequencing & Planning group class
- Teaching group class
- Receive guidance on sequencing and planning a class theme.
- The mentor will observe the class and provide constructive praise and feedback.
- This practical teaching experience is invaluable for the new teacher, assisting them to build confidence in their own teaching strengths & capabilities.

## Week 8

### Business of Yoga:

- Social media
- Marketing
- Insurance & liability
- Continuing professional development
- Best Practice when sub- contracting in studios & gyms
- Best Practice when operating independently
- Studio operation & management

***“A yogi who does not do sadhana (practice) is an actor; a parrot. A bird who’s memorized some words. Your well that you draw from has to be filled, that does not mean a personal practice to the point of only giving yourself just enough to get by, that’s not filling your cup.***

***It’s not about maintenance. It’s about fulfilling your seeking. That should be your primary focus”***

***~ Yogarupa Rod Stryker***

Deciding to enrol in a mentorship with Gina was the best decision I could have made for my yoga teaching career. Fresh out of my first 200hr training and feeling a little lost as to how to actually begin teaching, I needed some more guidance in particular areas that were not covered in my initial training. Gina helped me to delve within to find my purpose, which gave me some tangible goals to work towards. She helped me to understand theming and sequencing classes intelligently, with purpose and intention, and I loved that the course was entirely tailored to what I needed. The mentorship made me feel so much more confident to go out and start teaching, and I haven’t looked back for the past 5 years! Having such a knowledgeable and respected mentor like Gina is an incredible gift, and I would recommend it to any yoga teacher needing some guidance and wisdom.

Julie Beaumont – Yoga Teacher

## **PREREQUISITES**

Level 1/ 200hr Teacher Training Certificate

Commitment to Personal and Professional transformation

## **INVESTMENT OPTIONS:**

Option 1: 8 week program (exclude. monthly yoga membership): \$640.00

Option 2: 8 week program (include. monthly yoga membership): \$920.00

Ezidebit option - Direct debit:

Option 1: 8-week program (exclude. monthly yoga membership): \$88/week

Option 2: 8-week program (include. monthly yoga membership): \$126.50/week

**To register your interest or to book please give me a call:**

**Gina 0424457850**

