



# Body Temple Yoga

Heart. Alignment. Transformation.

## *HEART WISDOM MENTORSHIP APPLICATION*

*Thank you for applying for The Body Temple Yoga™  
HEART WISDOM MENTORSHIP.*

*This Mentorship includes 2 one hour Heart Wisdom coaching sessions  
with Daniella and one 30 min progress call each month.  
Consistent communication and contact with Daniella is key to a successful  
program. Please make yourself available for that as well as keep her in the  
loop with your process.*

*This is a great opportunity to receive individual support/guidance on your  
journey and your intentions for yourself and your heart path!*

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*Please answer each question thoroughly.*

1. Why do you want to participate in the Heart Wisdom Mentorship Program?

2. What do you want on a personal growth level? What are your personal goals within it?

3. What does commitment mean to you?

4. What does follow through mean to you?

5. Are you willing to do the necessary inner work to overcome your fears, blocks and resistance? Are you willing to step up even when you don't want to?

If yes, why do you feel this is important?

If not, why?

6. Do you understand that the goals you have for yourself in the Heart Wisdom Mentorship will be determined successful by the degree to which you do the necessary work given by Daniella and that you learn from being in it? She is your guide and support (and happy to be!) but do you understand ultimately you are the one that has to implement the teachings and guidance to make the progress?

7. On a scale from 1-10, ten being the most, how open are you to receiving feedback on your participation in the mentorship?

8. What does being mentored mean to you? What does that look like in your view?

9. What does “Living in alignment with your Heart” meant to you?

10. Do you understand the concept of projection? Please explain what it is in your own words.

11. Are you willing to take full responsibility for what comes up for you that you may be triggered by?  
If not, why?

12. Anything else you would like to share or you feel important/relevant for Daniella to know?

## REFUND AND CANCELLATION POLICY

The Heart Wisdom Mentorship Program is non-refundable.

The 6 month Mentorship is \$797 per month.

*Once you are accepted into the Program, a \$500 non-refundable commitment deposit will be due to confirm your space.*

Daniella reserves the right to terminate the Mentorship at anytime if for any reason if it is determined that performance is lacking (consistent lack of follow through in any given area, consistently late to calls, non-communicative, unavailable, projects, does not take personal responsibility, aggressive or otherwise) or causing unresolvable conflict.

## GRATITUDE AND LOVE

THANK YOU SO MUCH for taking the time be thorough in this application! Love, guidance and support is the foundation of this Mentorship with Daniella. We look forward to working with you, supporting you and going on this journey together!