



Body Temple Yoga™

Live From Your Heart. Change The World.

YOGA TEACHER MENTORSHIP APPLICATION

This program requires a commitment to being available to assist all dates of the Head to Heart 200hr Yoga Training and have regular contact with Daniella as that is where the growth and support will happen most.

This Mentorship includes attendance at all the 200hr Training weekends and one monthly group Zoom meeting with Daniella to debrief on in-classroom experiences and receive personalized coaching directly from Daniella.

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 deepen your connection with your teacher, what you learned in the 200hr training and receive individual guidance on your journey as a blossoming new teacher and heart-based leader!

Please answer each question thoroughly.

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

2. What do you want on a personal growth level in taking this Mentorship Program? What are your personal goals within it?

3. What is the result you want that you don't have now? What are you hoping to achieve from participating in the Mentorship with Daniella? Where do you see yourself at the end?

4. What does commitment and follow through mean to you? On a scale from 1- 10, 10 being the most committed, how committed are you to step in fully for what you want?

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 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!) Do you understand that ultimately you are the one that has to implement the teachings and guidance to make the progress?

7. Do you want to assist other events?

Please mark all that apply:

Workshops

Festivals

Retreats

Live Events

*Note - there is no guarantee of assisting ALL of the above. This depends on your availability with your schedule and current teaching/assisting proficiency which is at Daniella's discretion. If you want to work up to one or more of these, please specify that as well.

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

9. Why is "Living in alignment with your Heart" important?

10. Do you understand the concept of projection? Please explain what it is in your own words. Are you willing to take full responsibility for what comes up for you that you may be triggered by?
If not, why?

11. What do you want to be able to do by the completion of the Mentorship in terms of skills as a teacher?

12. Daniella will ask you to teach in front of the group occasionally. (with prior notice most times and sometimes not). Are you a yes to taking this on? Please explain why, if not.

13. You are someone who has graduated from the Head to Heart 200hr Yoga Training, and thus, you will be an example for the current students. Knowing this and that they will look up to you, how will you show up to this role?

14. On a scale from 1-10, ten being the most, how open are you to receiving feedback from Daniella on your performance and participation in the Yoga Teacher Mentorship?

15. What are your biggest struggles/challenges right now with teaching alignment-based Hatha Yoga?

16. What does being mentored mean to you? What does that look like in your view? Why is having a mentor so important to our growth as individuals?

17. What are your long terms goals as a teacher/leader?

REFUND AND CANCELLATION POLICY

The Yoga Teacher Mentorship is non-refundable.

The 9 month Yoga Teacher Mentorship is \$500 deposit with application and then \$497 per month.

We reserve 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!
Daniella looks forward to helping you reach your personal teaching and leadership goals!!!! <3