

A photograph of two women sitting on a wooden deck, smiling and looking at each other. The woman on the left is wearing a grey dress and has her hair in a bun. The woman on the right is wearing a red top and has her hair in a braid. They are sitting on a wooden deck with a scenic view of a valley in the background. A green cushion is on the deck to the left of the woman in the grey dress.

12-week 1-2-1 mentoring

for yoga teachers

Scroll down



You love yoga, you breathe yoga...

YOU SUPPORT *others* — *but who* SUPPORTS YOU?

You are a newly graduated yoga teacher, or maybe you've already been teaching for a year or two but feel you haven't found your voice, or place as an authentic teacher? Maybe you feel like you're still mimicking your teachers, or keeping to the script of your 200h TT?

This 12 week 1-2-1 mentoring programme is designed to support you in developing your confidence and authentic voice, as an emerging yoga teacher. During our time together you'll hone your skills and learn to trust your intuition enabling you to teach and speak from the heart.



Why consider mentoring?

200 YTT is just the start

Yoga teacher training is often a ripe playground for self-growth and personal evolution, yet beyond teacher training, we can find ourselves on our own and can feel that there is still more room for growth and refinement of our teaching skills, and integration of yogic principles in our daily life. It can be difficult to know where to turn for ongoing learning and support without investing the time and finances into another long training program.

Personable approach

Just as you hold space for others in your teaching, it's valuable for each of us as teachers, to have someone to support us in the process of refining our personal learning and teaching.

1-2-1 mentoring provides you with a regular check-in for learning to more effectively (and enjoyably!) integrate your practice, personal life, and professional aspirations.

Finding alignment from within

These specialised mentoring sessions for Yoga Teachers offer a tailored, utterly non-judgmental space for you to explore your own life challenges, enrich your understanding of why you teach, and how you can refine your teaching, and deepen your capacity to align your actions and beliefs 'off the mat' with your passion for yoga and yogic principles in daily life. There is also plenty of opportunity to work on any area of your teaching or professional life that may feel stagnant or in need of refinement.

SO WHAT'S *stopping* YOU?

You're feeling fearful that it might not work out for you

There are doubts about your abilities and if you are good enough to do this.

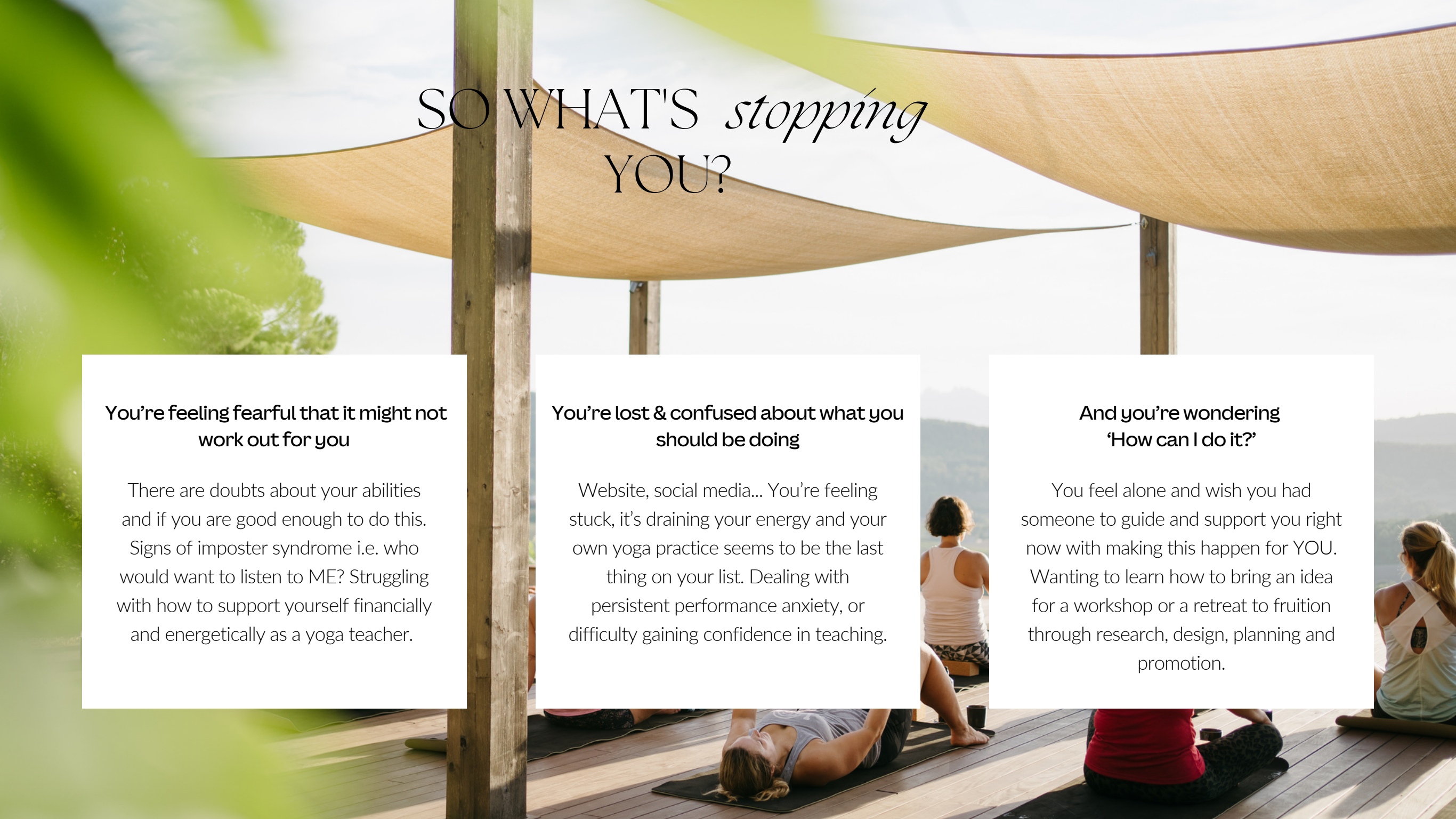
Signs of imposter syndrome i.e. who would want to listen to ME? Struggling with how to support yourself financially and energetically as a yoga teacher.

You're lost & confused about what you should be doing

Website, social media... You're feeling stuck, it's draining your energy and your own yoga practice seems to be the last thing on your list. Dealing with persistent performance anxiety, or difficulty gaining confidence in teaching.

And you're wondering 'How can I do it?'

You feel alone and wish you had someone to guide and support you right now with making this happen for YOU. Wanting to learn how to bring an idea for a workshop or a retreat to fruition through research, design, planning and promotion.



What you'll receive during our time together

Evaluation of where you are now

Our world is turning more digital every single day, there is no denial here. You can either resist that or you can approach it with an open heart and enable yourself to reach your ideal clients and secure dream opportunities. We'll take an in-depth look at how you are presenting yourself and your offerings on digital platforms.

Review of your current teaching

I'll provide you with a full review of 2 x 30min recorded classes of your choice (1 beginners, 1 for advanced students), think of your ideal client and who you want to serve in your community. Throughout our 12 weeks together we'll look into class sequencing, theming and planning.

1-2-1 weekly calls

Knowledge and learning are great BUT implementation and action are key. We'll have weekly 1h zoom calls to discuss a specific issue, review your week and any action points taken.

Accountability

Accountability is powerful. You'll have direct access to me via Whatsapp for any questions that might arise during the weeks. I'm here to support your journey, to help you shift your mindset, to challenge your thinking and help you find the answers.



I'VE BEEN THERE, *so* I understand...

... and it's what's inspired me to support yoga teachers like you! When I started my yoga teacher journey in 2018, I felt quite alone. Fresh out of 200h TT, moved to a new city & country, completely given up on my previous job in media, I truly didn't know where to start. I had a vision of building my retreats! But my hopes and dreams were swimming amongst plenty of doubts, uncertainty, confusion, feeling really lost and alone, spending lots of time comparing myself to others who were already doing what I wanted to do and then feeling maybe it was impossible for me to do the same?!

And I also craved having someone to show me what I needed to do and support me in taking the next steps.

There were so many questions and the 'Hows'...

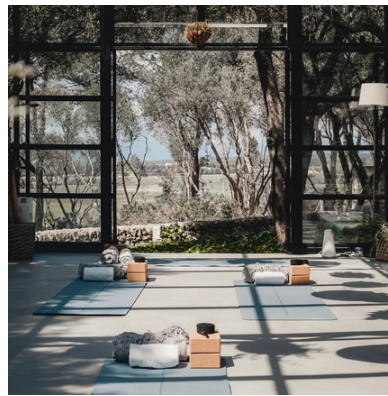
I have done a lot of the hard work, making tons of mistakes along the way, so you don't have to! Save the time to actually find your voice, build your community and your dream lifestyle.

MY JOURNEY SO FAR...



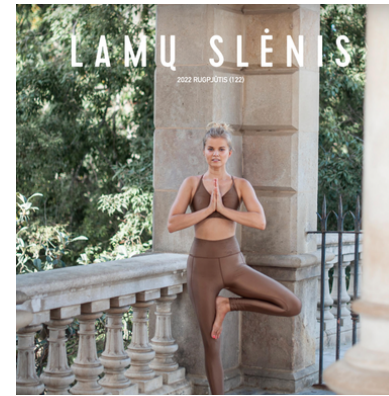
Community

I've been nurturing and building my community consistently for the past 9 years and I've witness its growth and commitment.



Retreats

Since the start of my teaching journey I've hosted/co-hosted more than 100 retreats all around the world, countries including Spain, Portugal, Greece, Italy, France, Sri Lanka, Bali and Lithuania.



Media exposure

My work has been featured in Forbes, The Times, Conde Nast, Expansión, BBC, 15min, LRT, Lamų slėnis, Žmonės.lt



Brands

I've had the pleasure of working with brands such as Adidas, Oysho, Soho House, Wanderlust, Burt's Bees, Amazon.



GUIDED *growth*

I've created this mentoring program to support YOU, no matter where you are in your beautiful adventure. I want to be for you the mentor I so deeply craved when I was getting my feet under me. If one thing in this program helps you to move beyond your fears and take a step closer to the light, I would be overjoyed.

As with most things - you get out of it what you put in. I ask that you can set aside time each week to dedicate to our 1:1 mentoring calls, and to implement the necessary action points to really move your new journey forward.

Mentoring sessions are specifically designed for yoga teachers, to offer you the space, self-nurturing, and time to clarify and clear the way in your life and teaching journey.

INVEST IN YOU TODAY

This 12 week mentoring is an investment in you, in your business and in your community. Invest your time, focus & energy. Commit to the work, commit to the path and your life will change. It is a financial investment and a time commitment which will deliver result and return on investment. Consider it like booking a yoga retreat that will revitalise you and your business.

I'm offering this as 1-2-1 mentoring for limited time only as eventually this will be moved into a group course, so if you feel ready to embark on this journey, commit yourself to growth - now is the time.

Payment in Full

€1,452 (incl. 21% VAT)

Payment plan split in 3

€526.35 (incl. 21% VAT) paid 3 times, taken automatically each month, a total of €1,579.05 (incl. VAT).

Payment plan split in 6

€274.3 (incl. 21% VAT) paid 6 times, taken automatically every 2 weeks, a total of €1,645.6 (incl. 21% VAT).

Are you ready?

I cannot wait to embark on this journey with you.
Before we get going, I would love to hear from you to see where you are at right now, and where you are hoping to get to, so I can help you get the most out of this time together.

Fill out this form and we'll be in touch!
