

Observations, Practice, Assistant Teaching with a Mentor

Selecting a Mentor

Approaching a teacher to be a mentor is an important step in the teacher training process. After you have practiced and observed with a number of teachers at Eastside Yoga Studio you may be drawn to a specific teacher and request of them the opportunity to mentor you on your path. Keep in mind that this relationship needs to be cultivated and as the student the responsibility rests with you to ask questions and let the teacher know what you want in this experience. Ask yourself why you are drawn to them and try to articulate what it is exactly you would like to glean from the experience. Please speak with me first before approaching a teacher to become your mentor.

All teachers at Eastside Yoga take this relationship seriously and while each person has their own style most mentors will require meeting with you before or after class, some may require additional reading, additional practice, etc.

I will be communicating with mentors as you are moving through this experience to monitor your experience. If you are in the studio when I am not there, please stay in touch during your mentorship and let me know how you are doing. Keep in mind that this process takes time. Be patient with yourself.

Observations of Mentor Teaching

Completing **five** observations of your mentor's classes is a requirement.

- 1) Observe the teachers voice, body language, use of demonstration, use of adjustments, and breath.
- 2) Observe the structure and content of the class. Observe the energy and breath of the students and teacher during the flow of the class.
- 3) Record any thoughts or feelings that pertain to the elements of the class you are drawn to with your mentor.
- 4) Document the day, date and time of the class.
- 5) Document any other factors you think notable about the experience.

Please be brief in summarizing your experiences.

This document will be turned in with all completed requirements.

Practicing with Mentor

Complete **five practices** with your mentor.

Follow these guidelines in documenting this experience:

- Document the day, date and time of the class.
- Describe how you are feeling going into the class.
- Allow yourself to fully engage in the class without observing the instructor (critiquing etc.) putting the emphasis on the experience of practice.
- Describe how you feel after class

Please be brief in summarizing your experiences.

This document will be turned in with all completed documents.

Assistant Teaching

As you develop the relationship with your mentor, keep in mind that you will be teaching part of the class (five classes). This will range from beginning the class with centering, closing the class with Savasana and anything in between. There is no expectation for you to BE the mentor but rather let your genuine self-share the practice with the class.

While students at Eastside Yoga are used to having student teachers teach portions of the class, there is understandably the expectation that the 'regular' teacher will be teaching the class. In most cases the student teacher will work up to teaching a portion (half, $\frac{3}{4}$) of the class but generally not the entire class. Of course there are exceptions. What you teach, how much you teach is really up to you and your mentor.

Follow these guidelines in documenting this experience:

- Describe what you are teaching and how you prepared for the class.
- Describe the actual experience in terms of what you actually taught, how you felt and what if anything came up with the students during this experience.
- Evaluate your experience ONLY in terms of your preparedness and effort.
- PS... It helps to do a bit of pranayama before teaching.
- Document day, date and time of class.
- **Have fun!**

Please be brief in summarizing your experiences.

This document will be turned in with all completed requirements.

Final requirement observe 5 classes:

Classes to be observed:

- 1. Yin Class or Gentle**
- 2. One Prenatal or Mommy Baby Yoga Class with Laurel**
- 3. One Anusara Class**
- 4. One healthy backs**
- 5. One Vinyasa Class**