

Information Pack

2023 Yoga Teachers Mentoring Program

25hr Post Graduate Training with Dr Karina Smith & Dominique Salerno

Thank you for your interest in this Post Graduate Mentoring Program.

This 12-month program for Yoga Teachers is your steppingstone from foundational teacher training into life and practice as a thriving yoga teacher.

It has been curated to help grow your confidence and competence in key areas of teaching, and has an emphasis on practical, hands-on experience rather than lecture based informational sessions.

Over the course of 5 Sundays throughout 2023, you will work with Karina and Dominique to cement and metabolise the skills and knowledge from foundational 200 or 350hr trainings.

Focusing on key areas of the practical teaching experience from holding space to managing mixed level classes with confidence.

The practical components of yoga teaching are often rushed or glossed over in condensed modern trainings, especially when those trainings occur in an online format.

Recently, events have seen many teachers out of circulation. The unprecedented stress of the last few years has dented the confidence of many teachers or seen them go into hiatus.

With the advent of trainings being conducted increasingly online, many new yoga teacher graduates have completed their training, having never taught a real-life class!

This program is especially intended to bring people back to the heart of yoga; nurturing connection to both personal practice and the art of meaningful yoga teaching.

Karina and Dominique are both well respected and their extensive experience positions them perfectly to work with you to nourish your skillset and practical elements of teaching which have been unavailable during recent years.

They are committed to providing a space where yoga teachers can connect and deepen their practical skills, grow their confidence, and build relationships in the yoga community.

Following is a detailed description of how the program will run and what to expect.

DATES:

The program will run over 5 x Sundays in 2023.

Dates include: 28/5, 18/6, 16/7, 3/9, 26/11

Time: 1 - 4pm

VENUE:

Shining Light Yoga
2B Elm St, Northcote

INVESTMENT:

Early Bird: \$550, (exp. 28/4)
Full: \$695, (payment plans available)

SPACES ARE STRICTLY LIMITED. (Only 12 places available per intake).

PLEASE NOTE:

This will be an in-person training and not available remotely.

HOW THE PRACTICAL DAYS ARE STRUCTURED:

The structure of each day will be focused on a particular topic, allowing time for group discussion, practical exploration, case studies and dedicated time for you to work on your teaching skills in pairs or small groups.

COMPONENTS OF EXPLORATION:

- Holding Space for Self and Others
- Hands on Adjusting, Use of Props and Variations
- Cueing and Language Development
- Self-Care as a Teacher
- Remaining Connected to Practice
- Nurturing the Student Archetype
- Resilience & Self-Regulation
- Designing, Theming and Sequencing Classes
- Case Studies

TO REGISTER: please register your interest with Karina directly:

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