



Chrysalis Yoga Mentorship Program

Information Package



Transform Yourself,
Transform Your Life,
Transform the World
Around You!

Congratulations!

Dear Student of Life!

Congratulations, you are now certified as a yoga teacher! Now what?

Maybe you need a little more time to build your confidence, maybe you are not sure if you are ready to be a teacher just yet or maybe you just need a few more tools and tricks to help you.

Our Chrysalis Yoga Mentorship program is designed to help you further your skills as a yoga teacher. It is an opportunity for you to learn to be comfortable in being in the seat of a yoga teacher, to work one on one with an experienced yoga teacher (your mentor), to ask questions and receive guidance specific to you and your needs.

We have experienced yoga teachers to help you on your personal and professional development!

This package explains everything about the Chrysalis Yoga Mentorship Program. If you still have questions, feel free to email me: shanine@chrysalisyoga.ca.

We look forward to seeing you in the program!

Namaste,

Shanine Denniff



CHRYSALIS YOGA MENTORSHIP PROGRAM

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What the Mentorship Involves

Over the course of 3 months, you will work closely with your mentor, who will guide you and make recommendations specific to you and your needs.

The CY Mentorship program includes the following:

PRIVATE MENTORSHIP SESSIONS

You will meet with your mentor once a week for a discussion session. Your goals, fears, successes and challenges will be discussed, as well as your progress. Your mentor will give you specific assignments according to your needs.

(Total = 12 Hours = 1 hour a week)

YOGA PRACTICE

You are required to practice a minimum of 2 yoga classes a week at Chrysalis, either with your mentor and/or with a teacher that your mentor will recommend. You will receive unlimited yoga at Chrysalis Yoga for the duration of your mentorship program.

(Total = 24 Hours = 2 hours a week)



ASSISTING YOGA CLASSES

On a weekly basis you will assist your mentor's class at Chrysalis and have a brief discussion afterwards to answer any questions that may have arisen regarding sequencing, assisting, etc. If your mentor feels you are ready, your mentor will ask you to lead a pose or two.

(Total = 12 hours = 1 hour a week)

PRACTICE TEACHING

Towards the end of the program, you will have an opportunity to teach a minimum of 2 one-hour “Featured Teacher” classes. Your mentor will observe a minimum of 1 of your classes and provide feedback.

(Total = 2 Hours)

PERSONAL STUDY

Your mentor will assign reading and writing assignments, tailored to your personal intentions and what your mentor feels is appropriate for you and your teaching journey.

(Total = 12 Hours = roughly 1 hour a week)



Important Information

DURATION

You can start at any time, but once you start you must complete the program within 3 months. Your meeting times are flexible and this is to be coordinated with Chrysalis Yoga mentor (and his/her availability).

PREREQUISITE

Must have completed a 200 Hour Yoga Teacher Training Program (at Chrysalis or any other studio). If you already have your certificate, then great, this program will help you develop your skills. If you have been advised to take the mentoring program to help you refine your skills to receive your certificate, then please indicate this on the application form.

Your Mentor

We have a diverse range of teachers with different styles and areas of interest. All of our mentors are experienced in yoga and in teaching yoga. They have been through many of your fears, and have lots of wisdom and stories to share.

We will ask you to list 2-3 mentors in order of preference and will check with your mentor(s) of choice for availability. Requests will also be evaluated based on your needs/goals to pair you up with a mentor that will best serve you.



ANGELA DEL FRANCO

I consider myself a life student of yoga. Since my first class in 1996 I have been enthusiastic to learn about the wellbeing offered in yoga. After exploring different forms, my path led me to a style that is rooted with inner and outer alignment. Coming from a dance background I had to redefine ways to approach a pose to advance my practice. I traveled to India in 1999 to witness how yoga is weaved into the culture and in 2008 I returned from living abroad to become a teacher of yoga.

One of my fears about being a new teacher was that I wouldn't be able to help a student who has a physical restriction or injury. I offer simple yet precise instruction to keep the student safe in a pose and allow them to feel capable during the practice. I studied and develop modifications that aim to build strong alignment so students feel progress.

I find joy in sharing my discoveries of yoga with others and aim to inspire an intelligent practice that embraces the essence of yoga by breath and the ability to find stillness in the poses. I hope to guide those who work with me to nurture and trust their inner guru.



ANGELA JACKSON

Before I started teaching yoga I lived a very different life. I worked long hours for a major corporation. I learned a lot but I wasn't happy with my professional life. I was stressed out and wasn't balanced. Once, a co-worker asked me what my dream job would be and without hesitation I caught myself by surprise and said "Yoga Teacher!" Since that moment it seemed that the universe and I were aligned to make that happen. I feel like this is my duty in this life to share Yoga with as many people as I can and to never stop learning. My teaching style is down to earth and real. I take inspiration from my life as a mother and athlete. I am fascinated by human anatomy and I prioritize sharing what I've learned and felt in my

body with others. I feel that when I'm teaching I'm really just sharing my practice and life experiences and also learning so much from my students and their bodies. I think that this is what allows me to connect with my students and form relationships with them beyond our mats.



ANWAR QURESHI

When I first came to yoga in 2006 after just a few classes I realized patience would be essential as I struggled with touching my toes, or sitting upright with my legs extended. When I started teaching yoga in 2011, I realized acceptance was an important lesson, acceptance that even as a yoga teacher I was still learning and deepening my own practice and knowledge.

As I continue to practice and teach I have learned to use my physical experience as a guide for helping my students. I offer subtle movement and alignment cues, combined with body awareness and anatomy to help students visualize and experience poses without losing ease of movement, the art of stillness or a fullness of breath. My students continue to inspire me on my journey and it is through getting to know them and sharing a journey we are all simultaneously taking that joy on and off my mat.



JOHANNA DE CASTRO

I have worked in aquatics for over 20 years. Being of service to the children and families inspires me every day! When I'm not at work I love to be active and spend time with my family. I became a yoga instructor to deepen my practice and find balance. This experience has been life changing. I have a deeper connection to others and myself. Teaching gives me the opportunity to invite students to find their true potential on and off their mats!

I teach hatha, power, yin, restorative & kids yoga. My varied styles allow me to tap into different areas of growth in my students. I encourage balance of strength and ease. Students discover what is possible by being fully present. I am also passionate about the art of adjustments.



MIEKA FORTE

I have worked in the health and fitness industry for over 18 years. When I first took my yoga teacher training I didn't have any intention of becoming a yoga teacher as I was already teaching group fitness at the time. My initial motivation was to create a better platform to help me with my exercise therapy clients who were chronically ill. I almost fell into teaching yoga when I was the Personal Training director at the Fitness Institute and some classes needed covering. The fears of being a teacher came after when I realized it was my true passion AND it was opening up a place in me where I could heal. It became scarier and exciting all at the same time because Yoga was making me tap into a place within me I didn't

know existed and I started to care a lot more!

My teaching experience has given me a greater understanding of the physical, emotional and spiritual aspects of each and everyone of us. I have learned and am continuing to learn how to teach to all 3 of these components with my classes as well as, private clients using asana, anatomical understanding, music, inspirational speaking, the chakra system and positive psychology.



RACHEL SAXON

When I signed up for teacher training I wasn't really sure what my end goal was; at that time I hadn't thought seriously about teaching yoga afterwards. During the training itself, I continually flip-flopped between wanting to teach and thinking it wasn't for me. It wasn't until I had taught a few classes that I knew teaching was something that I wanted to continue doing, and some classes after that I knew it was something that I loved to do.

My teaching philosophy is to teach a class that I would want to attend. The class is a reflection of my personality, and that has allowed me to connect on a deeper level with students. As someone who disliked public speaking growing up I did not think I would ever want to get up in front of a group of strangers. Getting over those fears and sharing my energy, sharing bits of myself, allows students to open themselves up as well.

You cannot cross the ocean unless you lose sight of the shore.



SHANINE DENNILL

When I first thought of becoming a yoga teacher, I thought: “How could I be a yoga teacher if I am nervous even speaking in small group situations?” It wasn’t until my teacher gently guided me to teach my first public yoga class did this love of yoga and my students outweigh my fear of teaching. I have been teaching yoga for a number of years now and I still get butterflies before every class but now I see it as an asset – it reminds me to keep things fresh and that I care about my classes and students.

I love creating a class around a pinnacle pose and sequencing everything together to allow a student’s body to open up or engage more so they challenge themselves or learn something new about themselves. Connecting with different students on different levels is vital for them to walk away feeling empowered or even vulnerable in order for deep transformation to occur. This connection can be developed in tools with the physical level (alignment cues), emotionally, mentally and spiritually (weaving in a theme and answering why) and energetically (by sharing your essence and unique gift as a yoga teacher to your students).



WENDY BAKER

I had been practicing yoga for a few years when I realized that my time as a stay home mother was coming to an end. With both my children going into full time school I wanted to go back to work. But not back to my previous job. In doing yoga I realized I wanted to contribute to society on a deeper level.

My journey to become a yoga teacher was a path of self-discovery: A path of self-doubt can I really do this? A path of finding myself can I be authentic to who I am? A path of fear can I guide people on their journey? I feel I can do all these things now!!! And whenever self-doubt creeps in I remind myself that I have a gift, a passion for yoga and I can do this!!!

I feel my specialty with teaching is connecting with the students on many different levels. People come to yoga for many different reasons and I like to provide that space for them. I always try to keep my sequences fun yet challenging all the while having a focus on alignment. I love to find new poems and play great music. A yoga class has so many different layers all of which I enjoy putting together in my own unique way. I hope to help guide you into becoming your true authentic self.

Investment in Your Growth

Investment

\$710.00 + HST

- A non-refundable deposit of \$300 + HST is due at the time of acceptance into the program
- The remainder can be paid in full or 2 installments of \$205 + HST.

Included in Your Investment

We want this to be a fun and rewarding experience. You will also receive:

- Unlimited yoga at Chrysalis during the Mentorship Program (3 months worth of free yoga)
- 10% off retail items and workshops during the Mentorship Program (excluding international yoga teachers)

Application Process

In order to apply for the Mentorship Program, complete the Application Form on the website (this is an editable pdf – just fill in the details) and send it to shanine@chrysalisyoga.ca.

In the application form, we will ask you to list 2-3 mentors in order of preference and will check with your mentor(s) of choice for availability. Requests will also be evaluated based on your needs/goals to pair you up with a mentor that will best serve you.

Common FAQs

Q: HOW MUCH EXPERIENCE DO I NEED IN TEACHING?

You do not need to have any experience in teaching yoga. The Mentorship Program is designed to help you on your journey to be a great yoga teacher. You will gain a lot of experience in the program with the help of an experienced yoga teacher to guide you along the way.

Q: ARE THERE ADDITIONAL COSTS SUCH A TEXTBOOKS?

This is dependent on what your mentor may recommend based on your personal growth. If money is an issue, your mentor may make other recommendations.

Q: ARE YOGA CLASSES INCLUDED IN THE COST OF THE TRAINING?

You will have unlimited yoga classes and receive 10% off workshops held at Chrysalis Yoga for the duration of the program (excluding international yoga teachers).

Q: IS THE PROGRAM YOGA ALLIANCE RECOGNIZED?

Yes. Once you complete the program, you will receive a certificate and you can apply the program towards your required continuing education credits.

Q: WHAT HAPPENS IF I MISS A SESSION?

This is to be coordinated between you and your mentor. You must complete all the required homework, assisting, yoga classes, mentoring sessions, etc. by the end of the 3 months in order to receive our certificate. If you missed a mentoring session and failed to inform your mentor, there will be a charge of \$80 + HST to make up the session.





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