



Teacher Mentorship Program Application

The Teacher Mentorship Program (TMP) provides a unique opportunity to train and receive feedback during live classes. TMP participants teach and assist our Intro Series. Throughout the program you will master adjusting asanas and assisting students through a 90 minute class, and receive regular feedback on your teaching abilities from a Senior Teacher.

Our goal throughout this program is for you to gain the skills and experience to be a powerful and effective yoga teacher.

Program Prerequisites

- Practice Power Vinyasa Yoga for a minimum of 6 months
- Complete the Teacher Assisting Program (TAP)
- 200-hr Teacher Training Certification or Baptiste Certified Instructor

Application Process

1. Download and complete your Program Application
2. Submit your Application Fee online
3. Email your application to your preferred studio location:
seattle@shaktivinyasa.com or *bellevue@shaktivinyasa.com*
4. Complete and pass live class Assisting Assessment with TMP Coordinator

Once we receive your application and application fee, our TMP Coordinator will contact you to schedule an Assisting Assessment.

Program Tuition

Application Fee: \$75

Includes Assisting Assessment

TMP Tuition: \$525

4 Month Program

TMP Fast Track Tuition: \$250

For experienced teachers only

Upon acceptance into the TMP, all tuition is required no later than one week prior to your start date.

Teacher Mentorship Program Application

Name:

Address:

City:

State:

Zip:

Cell:

Home:

Preferred studio location:

Email:

Emergency Contact Name and Phone :

How did you hear about the Teacher Mentorship Program?

Why do you want to join TMP at SHAKTI? Why do you want to teach yoga?

Please list your yoga experience/trainings:

How has practicing yoga personally impacted your life?

What is the purpose behind each of the 11 series within Baptiste Power Vinyasa Yoga sequencing from Journey into Power?

Briefly define and explain what the following philosophies mean to you and how you incorporate them into your personal practice:

1. 5 Pillars/True North

2. Sukha/Stira

3. Be In the Now

4. Center line/Stack your joints

5. Be a Yes

6. Give Up What You Must

7. You Are Ready Now

8. Commit to Yourself and Your Practice

After carefully reviewing the application, your signature below certifies that you have completed the pre-requisites.
Email your application to your preferred studio location: *seattle@shaktivinyasa.com* or *bellevue@shaktivinyasa.com*

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Signature:

Date :