



YOGA MENTORSHIP PROGRAM

DEPLOY YOUR TEACHING WINGS & WEAVE IT ALL TOGETHER
TAKE YOUR TEACHING & YOUR INTEGRATION TO ANOTHER
LEVEL

YOGA TEACHER MENTORSHIP IS OPEN TO ANYONE WHO HAS
COMPLETED 200HR or 500HR TT

COCO FINALDI OFFERS A YOGA TEACHING & LIFESTYLE
MENTORSHIP THAT ENCOMPASSES YOUR INTEGRATION ON &
OFF THE MAT

SET INTENTIONS & GOALS
WORK WILL BE SUPPORTED & PROGRESSIVE TO UNRAVEL
AND EMBODY THE NEXT LEVEL OF WHAT YOU WISH TO
CREATE AND OFFER YOURSELF AND YOUR TEACHING
PRACTICE

CONTACT US FOR MORE INFO OR TO APPLY & ENROLL

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BODYWORK & WELLNESS





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YOGA MENTORSHIP PROGRAM

VIE MENTORSHIP SPANS OVER 12 SESSIONS AND CUSTOMIZED FOR THE MENTEE'S UNIQUE NEEDS & PROJECTED OUTCOMES

THE TIMELINES AND PACE IS PROGRESSIVE AND BUILT TO ALLOW FOR FLOW & INTEGRATION TO OCCUR

OVERVIEW OF TOPICS OR AREAS COVERED IN THE MENTORING PROGRAM:

- Clarification and focus of your intentions as a yoga teacher
- Understanding physical structure, alignment and anatomy in relationship to yoga asana
- Sequencing and cueing for specific intentions
- How to choose and perform appropriate and safe hands-on-adjustments for a variety of poses

-How to research, choose and deliver/convey a theme or some form of message/dharma (wisdom) in a palatable, pertinent and impactful way

-How to "Take the seat of the teacher", hone and sharpen your skills and offerings in an authentic way honoring integration and time without rushing the process.

-How to develop and create confidence as a teacher.

-Be held accountable and supported in beginning or furthering your yoga teaching practice to pursue your evolution and growth and witness change.

-Other results and findings depending on intentions, goals or aims set.

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