



ETHICS
MENTORING

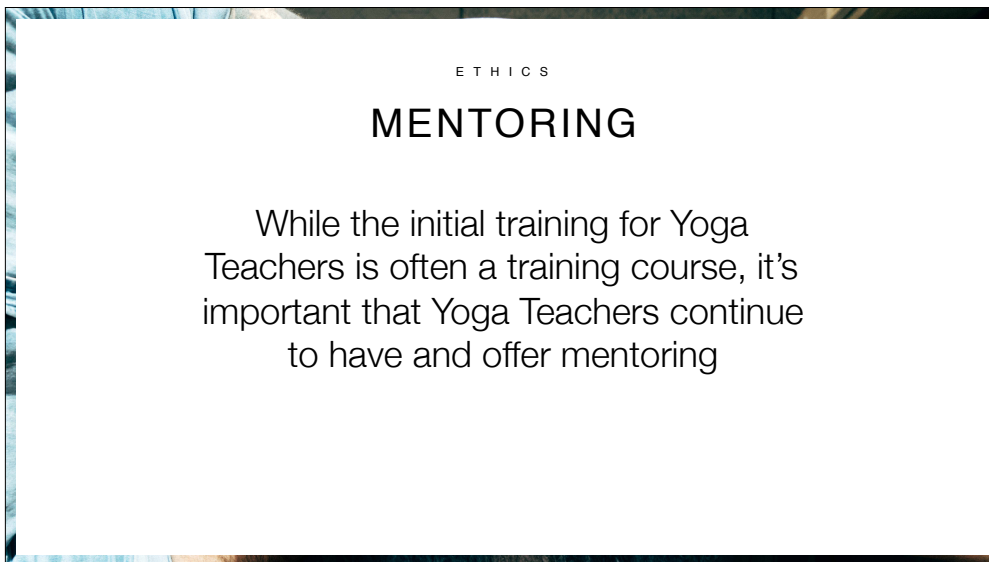
1



ETHICS
MENTORING

Mentoring is traditionally how yoga was passed from teacher to student

2



ETHICS
MENTORING

While the initial training for Yoga Teachers is often a training course, it's important that Yoga Teachers continue to have and offer mentoring

3



ETHICS
MENTORING

'Ongoing mentoring is not a formal requirement of association membership, but we encourage teachers at all levels of membership to see both mentoring and being mentored as a desirable and important part of ongoing personal and professional development in yoga'

Yoga Australia (2019)

4

ETHICS

MENTORING

Mentoring is important for:

The ongoing growth of competent,
compassionate and skilful teachers

5

ETHICS

MENTORING

Mentoring is important for:

Creating a space for self-enquiry
and self-reflection

6

ETHICS

MENTORING

Mentoring is important for:

Creating a safe space to be creative
in developing teaching skills

7

ETHICS

MENTORING

Mentoring is important for:

Creating a safe space where gaps in
skills and education can be addressed

8

ETHICS

MENTORING

Mentoring is important for:

Creating a safe space to bring ethical dilemmas for discussion, reflection and resolution

9

ETHICS

MENTORING

Mentoring is important for:

Accountability with self practice and self care

10

ETHICS

MENTORING

Mentoring is important for:

Creating community, instead of teaching and practicing in isolation

11

ETHICS

MENTORING

Ideally mentoring includes:

Regular one-to-one mentoring sessions with a senior Yoga Teacher or specialist in the area you're working in

12

ETHICS

MENTORING

Ideally mentoring includes:
Regular peer-to-peer mentoring
with another Yoga Teacher,
offering each other support

13

ETHICS

MENTORING

Ideally mentoring includes:
Ongoing training

14

ETHICS

MENTORING

Ideally mentoring includes:
Group mentoring sessions with a
senior Yoga Teacher or specialist in
the area you're working in

15

T H A N K Y O U

16