

As part of his role as a Senior Iyengar Yoga teacher Alan Goode offers mentoring to teachers who hold significant responsibilities in running a school, training teachers, and managing student issues. The mentor program is conducted through supervision meetings with Alan and where appropriate discussions and support with the Yoga Mandir office manager and administrative advice.

What

1. Teachers outside of Yoga Mandir who have questions or issues with which they are wrestling seek guidance, support, mentoring and practical suggestions from Alan.
2. A teacher supervision form is submitted 5 days prior to supervision.
3. Alan meets with the teacher at a booked supervision meeting (face to face, skype, or phone) to work through the issue.
4. Follow up emails may be exchanged between Alan and the teacher via the office email address summarising Alan's understanding of the issue or issues and outlining the approach which was discussed.
5. A progress report is submitted prior to the next supervision meeting.

When

1. Face to face or phone meetings are available on the website and are updated each term

How

1. Teachers enrol in the mentoring program via the enrolment form.
2. Once accepted the teacher contacts the office to arrange a supervision meeting time with Alan.
3. Teachers are asked to document their issue or issues via the teacher supervision form for the teacher to discuss with Alan.
4. The first meeting (face to face, skype or phone) may be up to 2 hours (2 booking slots) in order to gain an insight and overview of the teacher's situation and concerns.
5. Alan's approach to mentoring emerges from a place of discernment which flows from his practice and understandings of Yogic philosophy. This philosophy explicitly guides his actions. He seeks to translate and articulate the philosophical approach in a manner relevant to current Australian cultural contexts.

Why

1. There is no specific program within the Institute which caters for individual teachers who are running their own schools, to talk through issues of *culture, leadership, school administration and personal development* rather than the specifics of teaching and practice.
 - Other programs within the Institute cater for the training of teachers (Preliminary Teacher Training Program), ongoing development for certified teachers (Professional Development), developing a teacher to be able to train teachers (Teacher Trainer Apprenticeship), and the fostering and development of a school culture by a *group* of teachers working together (School Culture Program).
2. Observing *Aparigraha*. As a Senior Iyengar Yoga teacher Alan has accumulated years of experience establishing and directing his own yoga schools, as well as consulting with other teachers who are doing the same thing. Alan has specialist knowledge to offer to a niche field – on teaching Yoga and training teachers of Yoga in the Iyengar tradition.

3. Many Iyengar Yoga teachers are geographically isolated and cannot readily access senior teachers or colleagues for the specialised support required to sustain themselves and their schools over time. Technology (email, Skype, phone) provides solutions to overcoming the problems of this geographical distance.
4. Alan's time, energy, experience and knowledge are valuable. When approached by teachers with questions, we acknowledge the importance of creating appropriate time, space and privacy to hold the teacher in a way that allows them to safely and effectively explore their issues.
5. Effective learning happens when we have wrestled with an issue ourselves, and then after this process of inquiry, and upon reaching the perceived end of our own resources, we seek external guidance. It is often more effective than when an 'expert' tells us all the answers before the question is asked. In some cases seeking supervision on a specific issue can be a more appropriate option than enrolment in a program.

Who

1. Senior Iyengar Yoga teacher Alan Goode consults with certified Iyengar Yoga teachers outside of Yoga Mandir, with whom he has an established relationship.
2. The established relationship is necessary to ensure the teacher has an understanding of Alan and his approach to teaching and directing a yoga school, and so that Alan has a chance to understand the teacher's approach to yoga practice and teaching.
3. If the teacher is not a long term colleague of Alan's, a relationship could be established by attending at least two Professional Development terms at Yoga Mandir.

Cost

The cost of supervision is \$190 per hour. This may take the form of meetings and correspondence and will include any preparation time and staff allocations.