

**Teacher Development Information Sheet.**

Training to become a teacher is conducted over time. It takes dedication and perseverance. Developing a depth of understanding and learning to communicate from direct experience is a lifelong journey. At Yoga Mandir our program to train teachers is grounded in a commitment to practice and is an expression of, and contribution to, community. Working alongside colleagues under the guidance of experienced teachers, day-by-day and week-by-week.

The Trainee program consists of the following elements

- Attendance at 2, 3-day weekend attendances (Friday to Sunday-\$360 per weekend) each term. These weekends are held on weeks 2 and week 8 of each term. Details are updated to the Teacher development page on Yoga Mandir.
- Maintain daily practice logs and complete a practice review sheet each term. These are submitted prior to an interview with Alan. These documents are included in the online Theory Teaching Module as part of your enrolment.
- An interview with Alan can be booked on the Mindbody booking platform during each term.
- Enrolment in ongoing classes of asana and pranayama at Yoga Mandir are booked and paid for separately from the Teacher Development program.
- Each term those in the Teacher Development Program are guided to enrol in Online study on Yoga Vidya. One core and one elective subject are covered each term and subject details are provided to trainees each term. It is also possible to enrol in these subjects individually. This allows individuals to manage their workloads.
- Trainees are allocated a Tutor. A Tutor will seek a time to meet weekly (or biweekly) to practice together with you and where possible you might attend their classes. In time you may be asked to assist in a weekly class they teach. A tutor will guide your practice and will undergo supervision with Alan on the work they do with you.
- In 2021 our program for interns has been established. Trainee teachers who wish to become interns are be allocated to assisting in classes, along with access to the school for their own practice and to participate in activities of the school. Interns will be allocated responsibilities within the school including cleaning and other weekly tasks to maintain the smooth function of the school.

An example of the 3-day weekend attendance is attached at the end of this letter for your reference.

Should you have any further questions please contact the training coordinator at [training@yogamandir.com.au](mailto:training@yogamandir.com.au)

**Sample Weekend timetable** (Please note that the weekend schedule may vary from term to term)

Training	Friday	Saturday	Sunday
6.00am			
6.30am	<b>Session 1</b>		<b>Session 8</b>
7.00am	Assessment		Asana class
7.30am	Practice Sequence- Virtual		All TD to attend
8.00am	6.30-8.30am		6.30-8.30am
8.30am			
9.00am		<b>Session 4</b>	
9.30am		Theory	
10.00am		All participants-Online only	
10.30am		9.00-11.00am	
11.00am			<b>Session 9</b>
11.30am	<b>Session 2</b>		Assessment
12.00pm	Skills development	<b>Session 5</b>	Teaching Segments
12.30pm		Indriya Samyama-Touch	11.00-1.00pm
1.00pm	11.45-2.00pm	Studio only	
1.30pm		12.00-2.00pm	<b>Session 10</b>
2.00pm			Indriya Samyama-Sight
2.30pm			1.30-3.00pm
3.00pm			
3.30pm	<b>Session 3</b>		
4.00pm	Skills development	<b>Session 6</b>	
4.30pm		Case studies	
5.00pm	3.30-5.15pm	4.15-5.30pm	
5.30pm			
6.00pm	<b>Established Class</b>	<b>Session 7</b>	
6.30pm	All TD to attend	Dinner	
7.00pm	5.45-7.15pm	6.00-7.30pm	
7.30pm			
8.00pm			
8.30pm			