

Application to mentor with Rachel

Establishing a relationship with a mentor requires both parties to feel comfortable in working with each other. As a mentee you will have certain requirements and as a mentor I will have those too. In order to establish if 'we' are a good fit please answer the questions below honestly.

Once I have gone through your application we can set up an initial meet and greet online via Zoom. This is a free 30-minute discovery call.

After our initial call. Once we've agreed to work together I'll ask you to submit more information regarding your personal practice, your specific goals for our time together, establish the time frame and payment expectations.

I look forward to reading your application:

Name:

Age:

Email:

Phone number:

Where did you do your Yoga teacher training and what level are you? i.e 200 HR? 500 hr?
Have you done adjunct trainings: i.e. yin yoga, kid's yoga, yoga therapy etc.

Please describe how you feel about your training. What were the benefits and drawbacks.

Why are you drawn to a mentorship relationship for your Yoga teaching?

And why Rachel in particular?

What are your strengths as a yoga teacher?

What are your challenges?

Do you drink? Smoke? Have you suffered from depression, anxiety or other mental health issues?

Do you incorporate other holistic practices other than yoga into your personal lifestyle?

i.e. diet, alternative healing modalities?

If so what are they?

Are you interested in yoga philosophy? Ayurveda?

Do you have a regular yoga practice? Do you meditate, practice pranayama etc?

In an ideal world where do you see yourself on completing a mentorship program with Rachel.

i.e. the goal of our time spent together...

Thank you for answering these questions and I look forward to connecting

Please send your application to info@rachelzinmanyoga.com

Namaste
Rachel