

Application to mentor with John

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 requirements, 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:

What are your professional qualifications? Are you a Yoga practitioner or teacher? If not what kinds of secular or philosophical interests have you had over the years?

Please describe in essence your world view...i.e how do you describe your core values and beliefs about yourself and the world around you? Secularist, religious, philosophical?

Why are you drawn to work more personally on yourself in a mentor/mentee relationship?

And why John in particular?

What have been the biggest challenges in your life both personally and professionally? How have you met personal crises?

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

Do you incorporate holistic practices like yoga/ Pranayama into your personal disciplines?

i.e. diet, alternative healing modalities?

If so what are they?

Are you interested in Vedanta? Pranayama? Yoga? Ayurveda?

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

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

John