

## Mentorship Program Outline

### Phase 1 – Duration of approximately 2 months.

- 1x/wk Pupil teaches Studio Director, or an assigned individual(s) under the Studio Directors supervision. The teacher will embody different student types with various special needs. The pupil will be called upon to safely modify poses to adapt to these needs while maintaining the challenge. This is to enhance queuing skills, technique & modifications.
- 2x/wk Pupil shadows Studio Directors class or 1-on-1 setting, making adjustments to students' poses/exercises throughout. This segment will help sensitize the pupil to the variety of limitations presented by students and adapt the manual adjustments in consequence. This is a time where the pupil will witness how one varies the class program in response to the students' abilities. Furthermore, the pupil will develop a sense of comfort with the studio's clients & vice versa which facilitates a transition into introducing the pupil as a substitute at Shâs and/or having his/her own class.
- 1x/wk Q&A period, review of Anatomy, teaching style & protocols, studio operations, teacher-student relationship development, business development, etc
- 1x/wk Private session with Studio Director or assigned senior instructor to fine tune the pupils Yoga and/or Pilates Practice