

Mentorship Program Pre-Requisites

- You have completed a minimum of 200 hours in a recognized Yoga Teacher Training Program.
- You have completed a reputed Pilates Teacher Training Program from a recognized organization
- A written biography (half page minimum)
- A letter indicating why you are interested in the mentorship program, why you feel you would make a good addition to the Shâs family and the kind of contribution you would like to make
- A completed Application Form