



## Mentorship Guidelines

**40 hours of teaching and related experience are required after Level 1 for those who would like to be a Certified Yoga for Arthritis Teacher.**

These 40 hours can be spent doing the following in relation to arthritis and related conditions:

- Teaching (20-30 hours)
- Assisting (maximum 10 hours)
- Observing (maximum 5 hours)
- Building Clinical Relationships & Conducting Publishable Research (maximum 10 hours)
- A minimum of 5 of the 40 hours must be mentored
- CAREFULLY KEEP TRACK OF YOUR HOURS

### **Teaching**

- Teaching should account for an average 20-30 of your total 40 hours.
- This includes: planning, setting up the room, intakes, and teaching the official YFA 8-week series or arthritis friendly/informed classes

### **Mentorship**

- You are required to have a minimum of 5-10 total hours of mentorship throughout your practicum experience.
- Your mentorship structure will be individualized with your mentor, specific to your needs.
- The first 30 hours of teaching and related experience must be under the supervision of your YFA mentor. Mentorship can be done in-person, via email, phone, or Skype conversation.
- Expect at least a half an hour of mentoring for each of the first 5 classes or sessions you teach after Y4A Level 1.
- In order to ensure that the student is receiving the maximum quality of feedback, YFA requires that the 1<sup>st</sup> and 5<sup>th</sup> YFA group or one-on-one classes taught must be reviewed by your mentor (either on video or in person).
- Class 2-4 requires write-ups and discussion with your mentor but not recording and viewing.

- Class 6 and on requires tracking your hours but not write-ups for your mentor or recording.
- Mentorship from Dr. Moonaz is \$100 per hour while mentorship from a Yoga for Arthritis Master Teacher is \$50 per hour.
- Your write-ups must be submitted to your mentor for review within one week of teaching or assisting class

### **Assisting/Observing**

- Assisting a Certified Yoga for Arthritis Teacher can count for a maximum of 10 of your total 40 hours.
- For specifics on your role as assistant, please refer to the YFA Assistant Guidelines. Observing a Yoga for Arthritis class can count for a maximum of 5 of your total 40 hours.

### **Building Clinical Relationships & Conducting Publishable Research**

- These experiences can count for a maximum of 10 of your total 40 hours.
- Establishing clinical relationships with a local physicians, physical therapists, or rheumatologists.
- These endeavors and experiences should contribute to your development and experience as a Yoga for Arthritis teacher.

\*Note: It is possible to apply these hours toward mentored practicum requirements and teaching experience under the International Association of Yoga Therapists' Grandparenting Guidelines and the association's Educational Standards. See the IAYT website for details on Educational Standards.)

### **See below for a sample 40 hour mentorship breakdown:**

<b>Date</b>	<b>Duration</b>	<b>Activity</b>
11.8.15	.5 hours 1.25 hours <b>.5 hours</b> (\$25 @ \$50 per hour) .75 hours  <b>3 hours of practicum</b> <b>.5 hours of mentorship</b>	Set up/do intake/check-in Assisting class Review class with mentor  Write up class notes/report
11.29.15	5 hours 1.25 hours <b>.5 hours</b> (\$25 @ \$50 per hour) .75 hours  <b>3 hours of practicum</b> <b>.5 hours of mentorship</b>	Set up/do intake/check-in Assisting class Review class with mentor  Write up class notes/report

12.6.15	5 hours 1.25 hours <b>.5 hours</b> (\$25 @ \$50 per hour) .75 hours  <b>3 hours of practicum</b> <b>.5 hours of mentorship</b>	Set up/do intake/check-in Assisting class Review class with mentor  Write up class notes/report
**12.20.15	1 hour <b>.25 hours</b> (\$12.5 @ 50 per hour) .5 hours 1.25 hours .75 hours <b>.75 hours</b> (\$75 @ \$50 per hour)  <b>4.5 hours of practicum</b> <b>1 hour of mentorship</b>	Plan class Review class plan with mentor Set up/do intake/check-in  Teach class (mentor assists) Write up class notes/report Communicate with mentor
1.3.16	1 hour <b>.25 hours</b> (\$12.5 @ 50 per hour) .5 hours 1.25 hours .75 hours <b>.75 hours</b> (\$100 @ \$50 per hour)  <b>4.5 hours of practicum</b> <b>1 hour of mentorship</b>	Plan class Review class plan with mentor Set up/do intake/check-in Teach class (mentor assists)  Write up class notes/report Communicate with mentor
1.24.16	1 hour <b>.25 hours</b> (\$12.5 @ 50 per hour) .5 hours 1.25 hours .75 hours <b>.5 hours</b> (\$100 @ \$50 per hour)  <b>4.25 hours of practicum</b> <b>.75 hours of mentorship</b>	Plan class Review class plan with mentor Set up/do intake/check-in Teach class (mentor assists)  Write up class notes/report Communicate with mentor
	.75 hours 1.5 hours 1.25 hours .75 hours <b>1 hour</b>	Plan one-on-on class Set up/do intake Teaching private Write up report Communicate with mentor

	(\$50 @ \$50 per hour) <b>5.25 hours of practicum</b> <b>1 hour of mentorship</b>	
**12.20.15	.5 hours .25 hours (\$12.5 @ 50 per hour) .5 hours 1.25 hours .75 hours <b>2 hours</b> (\$75 @ \$50 per hour) <b>5.25 hours of practicum</b> <b>2.25 hours of mentorship</b>	Plan class Review class plan with mentor  Set up/do intake/check-in Teaching class Write up class notes/report Mentor watches last class via e-mailed video & communicate with mentor Communicate with mentor
12.27.15	.5 hours .5 hours 1.25 hours .25 hours <b>2.5 hours of practicum</b>	Plan class Set up/do intake/check-in Teaching class Write up class notes/report
1.3.16	.5 hours .5 hours 1.25 hours .25 hours <b>2.5 hours of practicum</b>	Plan class Set up/do intake/check-in Teach Private Write up class notes/report
1.10.16	.5 hours .5 hours 1.25 hours .25 hours <b>2.5 hours of practicum</b>	Plan class Set up/do intake/check-in Teaching class Write up class notes/report
1.17.16	.5 hours .5 hours 1.25 hours .25 hours <b>2.5 hours of practicum</b>	Plan class Set up/do intake/check-in Teach Private Write up class notes/report

\*Total estimated cost for mentored practicum (varying on mentor)  
YFA Master Teacher - \$50 per hour x ~8 hours = ~ \$400

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\*Please note that the first and fifth class require visual assessment via your mentor. Total time to view and discuss these class will be approximately four hours.

## **Maintaining YFA Certification**

- **Forty hours of teaching experience are required for recertification every 3 years.**  
(Note, for those who are becoming Yoga Therapists through the International Association of Yoga Therapists, this will count toward requirements in IAYT's periodical recertification, details of which have yet to be finally resolved.)
- **No mentorship is required in order to take the Level II Refresher course, unless advised by Dr. Steffany Moonaz**