

# Yoga Teacher Mentorship



## One-on-One Consultation Sessions for Yoga Teachers

With Dana Tarasavage  
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Dana brings over twelve years of teaching experience, five extended trips to study yoga in India, plus her role as Director of a 200-Hour Yoga Teacher Training to these tailored conversations, designed to serve your specific needs, answer your questions, and support your professional teaching goals.



#### Pricing and Policy:

Single Session \$80

4-Pack (Suggested) \$280

A single hour-long consulting session is tailored to answer your questions about sequencing, anatomy, private sessions, special cases, Sanskrit, the traditional Ashtanga sequence, or other topics of interest (see below for more). Dana suggests a minimum of four sessions, which can take place over Zoom or FaceTime. 4-Packs allow more time to workshop sequences, complete homework, and address follow up discussions. Full payment is required before to secure scheduling, and there is a 24-hour cancelation policy (please cancel 24 hours before a session or pay the full price). One year expiration date on all purchases.



#### Topics of Interest:

Pervious clients have used this mentorship to answer questions about anatomy, muscle imbalance and postural disfunction or to discuss energetic alignment, the Ashtanga Sequence, how to tailor Vinyasa sequences more effectively for group classes or to cater to a private client's specific needs, to create curriculum for workshops, theme classes or even for Dana to observe their teaching and offer feedback. Although these conversations can often be freeform, see below for a more structured, sample lesson plan.



### Testimonial:

"I am so incredibly grateful to be working with Dana. Quite frankly, she is the real deal. When I graduated from my yoga teacher training, I was overwhelmed at the prospect of teaching and knew I needed help putting all the pieces of the puzzle together. Dana has been instrumental in helping me build and sequence classes, explore themes and yogic philosophy, and further break-down postures and anatomy of the body. I come away from each session truly inspired and in awe of her knowledge and generosity. And while I can say, her guidance professionally has been paramount, it is her presence personally, as my mentor, that has truly been life changing. I could not recommend Dana more." – Rachel C. NY, NY



### Sample 4-Pack Lesson Plan:

#### Teaching a Private Client:

##### Session 1

- Discuss and identify the specific needs of the private client (injuries, experience, attitude, etc.) and considerations for their practice
- Muscle imbalance discussion

##### Homework

- Create a lesson plan or sequence for the client

##### Session 2

- Review lesson plan/sequence and discuss improvements
- Postural disfunction discussion

##### Homework

- Teach the client if possible

##### Session 3

- Review your experience teaching client and adjust lesson plans, sequences for the future
- How to progress a client over time discussion

##### Homework

- Create additional sequence/and or teach client if possible

##### Session 4

- Discussion, additional topics as time allows