

Mentoring

During the London Yoga Teacher Training Course (LYTTC), you will have access to a minimum of 10 hours contact with a LYTTC mentor.

This gives you the possibility of contacting, by e-mail, one of our mentors who will be allocated to you near the beginning of the course. The mentors are either teachers from previous courses, or your current weekly class teacher. Your mentor can help you with any questions or concerns that you might have with regards to your course studies, time management and other difficulties that might arise whilst you are on the course. The course directors are also on hand for additional support.

At the beginning of each term your mentor will contact you to find out if you are managing to keep up with the course and if there is anything that they can do. If you have any concerns re: teaching, syllabus, homeworks, marking, assessing, treatment of trainees, expectations of trainees etc. then you can discuss this with them.

The mentors can act as an intermediary between the trainee and the LYTTC course directors. All trainees' suggestions and concerns will be noted, and as far as possible will be suitably incorporated into the LYTTC. NB: given the complex nature of the organisation of the LYTTC, major changes to the syllabus cannot be accommodated.

The mentors are offering their advice freely, so any concerns raised with them should have been thoroughly considered by the trainee first. The mentors are strictly dealing with topics that relate specifically to the LYTTC - and not to other areas of the trainee's life.

After the first couple of months the LYTTC directors will allocate each trainee to a mentor for six months. If for any reason a change of mentor is needed, then this will be dealt with as the occasion arises.