

YOGATM

MAGAZINE

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WARMTH & GRATITUDE

A Boy Encounters **PARAMAHANSA YOGANANDA**

BREATHE AWAY *Ageing*

Vedic Invocations

QIGONG WITHIN YOGA



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Lost Wisdom

ELEMENTS IN YOGA



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<http://www.ReemaYoga.com>

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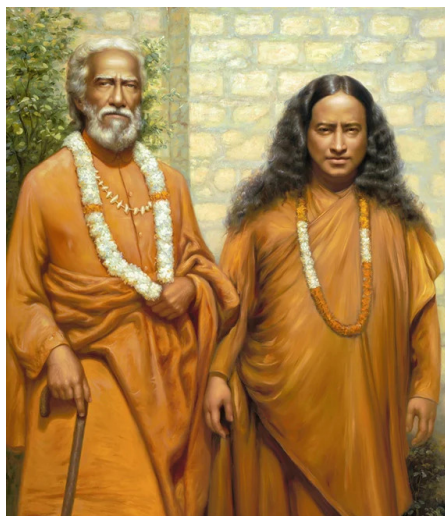


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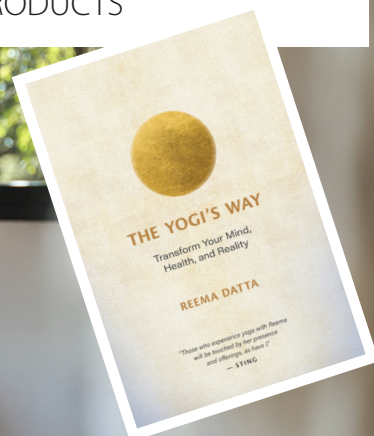
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Mentor

Why

EVERY

Yoga

Teacher

COULD USE A

Words: Caroline Shola Arewa

When I started my Yoga Journey in the 80s, I never imagined I would become a teacher. Yoga was this amazing system that re-introduced me to myself, and helped me connect with all things spiritual and magical. It was a totally transformative experience. I was lucky enough to have great teachers in both India and Sri Lanka. I was taught the breadth and depth of yoga and my life changed forever.

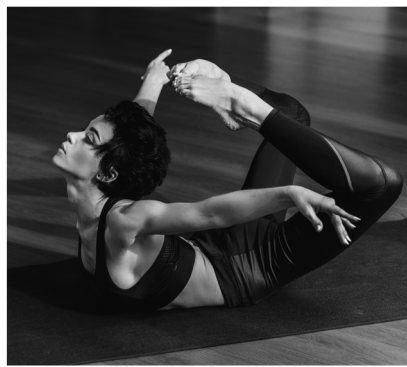
When I returned to England from Asia after two and half years away, I wanted to share my new found love of yoga with everybody. I really felt I had found the secret elixir of life. I soon found out that those I wanted to share yoga with, were not quite as enthusiastic as I thought they would be about learning this life changing system. It took longer for classes to fill than expected. I didn't understand business or marketing, this was long before social media, which is now another consideration.

I realised that in order to share my love of yoga and support others, I had a lot to learn apart from yoga poses and breathing exercises. Yoga was magical for me, but others were more sceptical. That was decades ago, and things are very different now. Yoga is known and

desired by many, for all its benefits. However, it is still important to understand the business side of things, without losing the Spiritual Teachings of yoga. I got lucky and enrolled on a Holistic Marketing Course that balanced the spiritual and sustainable. If your classes don't fill up, they are not sustainable, it is that simple.

After taking the Holistic Marketing Course and working with my mentor, Andrew Ferguson, I started to really understand the bigger picture. I filled in the gaps and implemented what was actually needed to take my love of yoga out into the world, in a way that others would love. After a few months I was able to fill back-to-back classes, develop specialist workshops and offer retreats in sacred places like Glastonbury. I found my own unique way of teaching Yoga. Eventually specialising in my passion for working with Energy and the *Chakras*. After 10 years teaching yoga *asana* classes,

I made the decision to focus on yoga philosophy and the Core Energy System. This clarity of purpose, and publication of my first book, *Opening to Spirit*, saw things really change. I went from teaching classes in cold church halls, to being invited to work all over the world; America, Australia, Canada, Nigeria, Greece, Italy, France, South Africa, and many other places. I spoke at conferences, cruises and Caribbean retreats; sharing my love of yoga globally. Encouraging daily spiritual practice, meditation, relaxation, corporate wellness, prison yoga, and ways to reduce stress, create calm and Energise your Life programs. As a psychologist I also explored the Psychology of Yoga. It is important to recognise the numerous ways and places yoga can be shared, and the powerful impact it can have on our lives.



I have enjoyed transforming lives and sharing the deep alchemical aspects of yoga for well over three decades. I'm sharing my varied experience with you to demonstrate just how pivotal working with a mentor can be. And now I am a Mentor to many Yoga Teachers, Coaches and Therapists. I love being a catalyst for change, mining for magnificence with clients, finding the unique potential in each person and seeing the transformation and elevation that occurs.

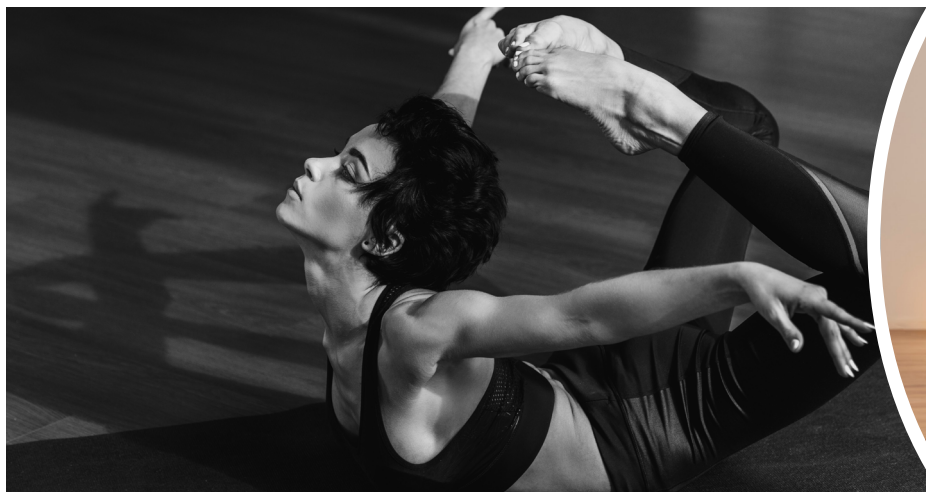
Yoga is a journey of lifelong learning, not just as a student, but also as a

teacher. No matter how experienced or knowledgeable we become as yoga teachers and wellness experts, having a mentor can create acceleration in your work and be a transformative experience.

A mentor has already walked the path and can provide guidance, support and wisdom to help you as you journey. You may wish to develop your personal practice, enhance teaching skills and ultimately navigate the business aspects of the work you love to do.

I think every yoga teacher and wellness expert can benefit from having at least one mentor. Who enables you, as you support others to be healthy, happy and fulfilled. I personally, have worked with many great mentors, all contributing something powerful to my journey. There are different kinds of mentors, for different stages. A good mentor can have a profound impact on your life and work. Let's explore three types of mentors.

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1. Yoga Practice Mentor

A yoga practice mentor is someone with an extensive experience in the practice of yoga. Generally, *hatha* yoga. They help you improve your personal yoga practice. You want to be sure you are doing things correctly, before starting to teach others. Enhancing your home practice is a great way to grow spiritually. Teaching yoga requires a strong foundation in your own practice, and a mentor can help you to:

- Improve your asana alignment and sequencing.
- Develop your understanding and

experience of postures and their benefits.

- Explore deeper aspects of breathwork, *pranayama* and meditation.
- Gain insight into yogic philosophy and its application in everyday life.
- Enhance your awareness and spiritual growth.

Your personal practice is the greatest teacher, it is the foundation of everything. With a mentor guiding the physical and philosophical aspects of your individual practice, you will continue to evolve spiritually. This ultimately enriches, not just your own life but also your ability to guide others.



2. Yoga Teaching Mentor

While a strong personal practice is the foundation, being a skilled yoga teacher requires much more than your passion and knowledge of yoga postures. Some mentors specialise on the teaching aspects of yoga. A yoga teaching mentor, is great if you love yoga, have recently started to teach and need support to improve your teaching skills. There are so many subtle things that make a great yoga teacher. And a teaching mentor will help you hone your skills. You will need the ability to communicate clearly. You will need to motivate and inspire yoga students. And you will need to be natural and at ease, so you can connect well with students. If you are awkward and lack confidence, or you are nervous speaking to a group, it is not going to bode well.

A yoga teaching mentor can help you:

- Get clear and comfortable giving verbal cues without being verbose.
- Give hands-on adjustments, to those who give permission for them.
- Develop your class plans and sequencing.
- Navigate diversity and ability in your classes. There will be many different needs.
- Cultivate your unique style and voice, while maintaining the integrity of yoga.

A teaching mentor can provide great feedback and insights. This is valuable for new teachers, as you build confidence. It is also great for more experienced teachers; it helps you continue learning, stay current and develop as a teacher. Mentoring supports you to be an effective teacher who positively impacts students lives and creates meaningful yoga experiences for your students. The right mentor enhances the way you work and the benefits your student receive.

3. Yoga Business Mentor

What many people fail to realise, as I did at first, is when you start teaching yoga, you are actually starting a business. In today's world, being a yoga teacher often involves being a business owner and entrepreneur. When owning a studio, or running classes, workshops, retreats, or even online programs; managing the business side can be extremely challenging for many reasons, especially for those who have never been self-employed. All the moving parts to operating a successful business take time, energy and money to learn, understand and master. It has to be done, if you want to share your passion for yoga with others.

So, if someone can fast track that process, and help you learn all the things you need to know: like promotion, admin, marketing, sales, finance, communication, the list goes on, then the sooner you start working with that person, the sooner you will get your desired results. Can everything be worked out by yourself? Yes, it can. But it often takes a lot of time and energy. When people have already walked the path before you, it is well worth enlisting their support, for speed and simplicity. A mentor will make the whole learning process, easier and quicker.

A business mentor will offer guidance on:

- Creating a successful and sustainable yoga business.
- The best ways to promote and market your classes, workshops and retreats.
- The administrative and legal aspects of teaching yoga.
- Navigating the digital world, social media, online platforms, apps etc.
- Getting the right balance, between business and the fundamental essence of yoga

- Maintaining your own spiritual practice and wellbeing, while running a business

Working with a yoga business mentor, helps you identify your place in the bigger scheme of things, so you can stand out in a crowded place. You need to ensure your classes reach the very people who need them most. One of my top values is integrity, it's so important to me. Having a mentor who understands the business side of yoga helps you not only create a sustainable business, but also ensures you maintain integrity and stay true to your values and passion for yoga.



Finding the Right Mentor

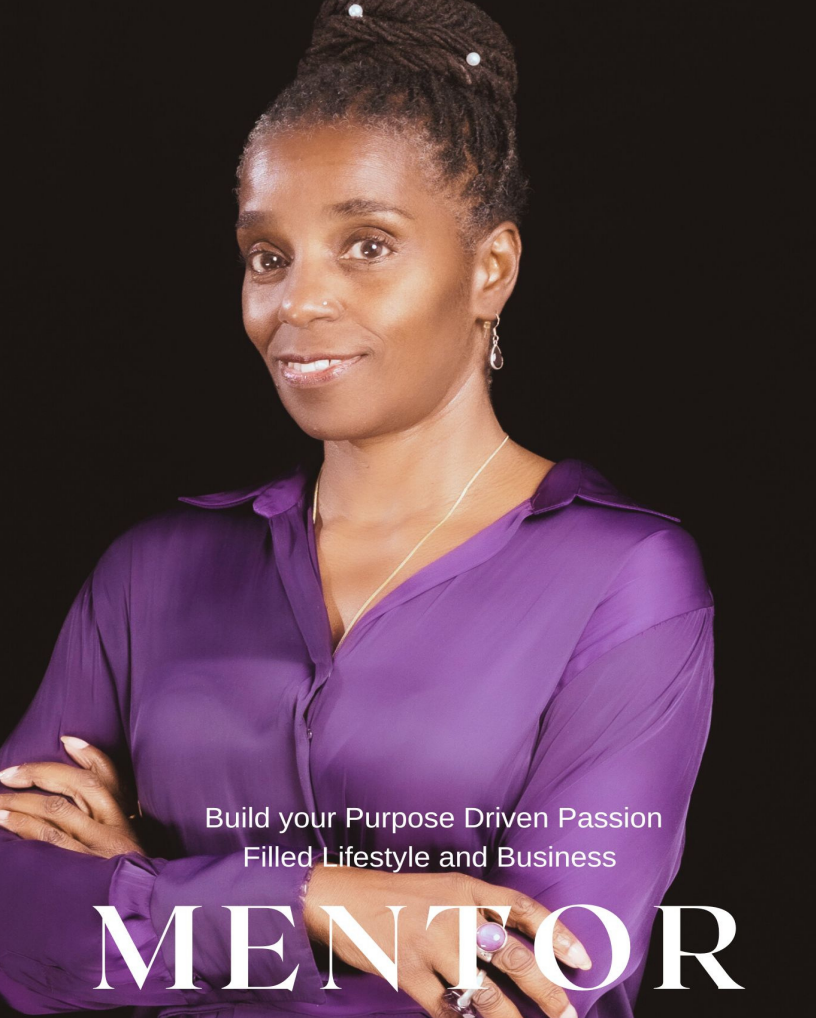
Choosing the right mentor depends on your individual needs and business goals. It differs at different stages of your journey. You may benefit from one mentor covering multiple aspects, or different mentors for various stages. A mentor is part of your support system, helping you overcome challenges, stay inspired, grow and continue learning.

Regardless of where you are on your yoga journey, a mentor will accelerate the process. Whether you are refining your personal practice, improving teaching methods, or mastering the business side of yoga, a mentor elevates your success in the ever-changing world of yoga and wellness; so, you can do the work you love.



Caroline Shola Arewa known as the Energy Doctor aims to Energise and Empower. A leading figure in the worlds of Spirituality and Wellness. Shola has delivered her award-winning Energy based work internationally for over 3 decades. She's a psychologist and author of five books, including bestsellers *Opening to Spirit* and *Energy 4 Life*. Shola is the founder of Enlightened Entrepreneurs, she offers a Certified Spiritual Coach Training program and Mentors Heart Centred Entrepreneurs worldwide. With a focus on Energy and the *Chakras*, Shola empowers you to reach your highest potential and manifest your own personal brand of magic, so you can share more of your purpose and passion in the world. Request your 30 min. discovery call.

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MENTOR

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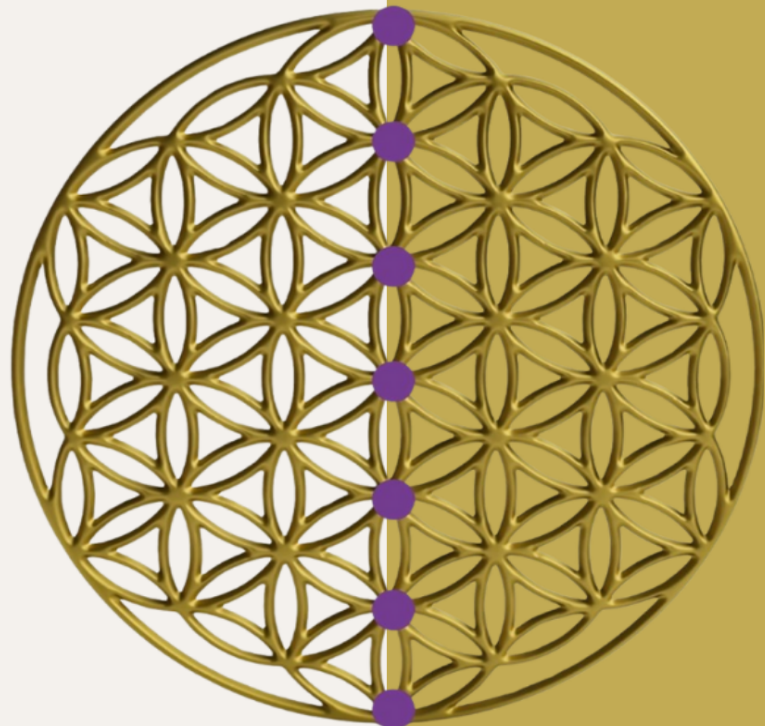
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