

Yoga Mentorship Hour Tracking

Example Timesheet

In order to complete the 100 hours of the Yoga Therapy Mentorship, try to spend 15-17 hours per month on mentorship activities including attending classes, home practice with the blog, researching sequences, meeting with me, etc. For the purposes of the mentorship, all hours are considered **non-contact hours** and may include:

- **Reading, audio/video or internet resources** including researching independent study assignments and practicing with the home practice blog.
- **Webinars** on yoga-related topics.
- **Written assignments** on yoga-related topics which include the independent study and/or sequencing assignments.
- **Group activities** including directed discussion or workshops with your mentor, techniques practice or teaching practice
- **Evaluation of yoga classes**

NAME: My Name					
MONTH: Sample Month					
YOGA ALLIANCE APPROVED ACTIVITY <i>(please see information below for explanation of categories)</i>	NON-CONTACT HOURS				
	Reading, Audio, Video, Internet Resources	Webinars	Written Assignments	Group Activities	Evaluation of Yoga Classes
Attend Public Class					5 <i>4 x 1¼</i>
Home Practice with Blog	5				
Independent Study Research	2				
Meet with Mentor				2	
Independent Study Assignment			1		
Test Teach				1	
TOTALS:	7		2	3	5

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