

Dear Applicant,

For the Level II training, I have included a Practitioner Session Plan, a Practitioner Class/Workshop Plan and a Self-Mentoring Report. Please fill out three of the Session Plans or the Class/Workshop Plans – or some combination of the two – as well as a Self-Mentoring Report corresponding to each sheet. These should be based on actual Sessions or Classes/Workshops.

As part of the Level II Training Requirement, you will be working with a mentor. You and your mentor can make arrangements for you to return the worksheets to her/him for review. You will be working with the same mentor for your required 3 sessions. You can expect to pay your mentor \$75 per hour. The mentors and their contact information can be found here: <http://yogafordepression.com/mentors/>

As a reminder, you will want to prepare a ten to fifteen-minute presentation to offer the group about a LifeForce Yoga Strategy you applied with a student, client or class. Please include the following:

Your Presentation

- **A demo of the strategy**
- **Your reason for applying/offering it**
- **Your assessment of the effect of that strategy**
- **A handout, if you offered one to your student/client/class**
- **If applicable, how you might change your approach next time**

Please feel free to contact me if you have any further questions. Even if you choose not to continue on to Level II, the mentors are still available to work with you.

A warm namasté,

Rose Kress
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