



Root to Rise

Yoga Teacher Mentorship

— with Eva

info package

1-ON-1 + GROUP
MENTORSHIP
PROCESS

16-Week Process | Aug - Nov 2022

Early-bird options until July 1st, 2022

Yoga with Eva 



Hi love,

If you're reading this, you're the kind yoga teacher I help in my heart as I designed this process. We may have previously connected in a training or at some point reached out - so know I'm grateful for you and sending a little love as you receive this wee info package on the program.

Basically its a hybrid and the best of both worlds; a mentorship program for yoga teachers including both one-on-one sessions and the support and nurturing of a small collective community.

The next mentorship container will span over a 16-week period from August to November, 2022 and include eight live workshops and three private mentorship calls.

My intention in offering this is to work more closely with you in and a small group of yoga teachers to help you build your confidence and career as a yoga teacher.

Together, we will refine your messaging, design specialized offerings, review and resolve remaining questions from your previous trainings, and craft and support your path to the teacher you are becoming.

About the Mentorship

*Ask me all the questions left over
from your 200-hr YTT...*



You love teaching yoga and supporting your yoga students. But as a yoga teacher, I know how difficult it is to create a teaching career that equally supports us.

I used to be satisfied with the trade-off. I thought it was okay that I was always tired and struggling to cover my costs because I love the work that I do and it's emotionally so rich and important to me and my students.

I also struggled for so long to feel confident as a teacher. We all have our own stories that make us feel insecure and inadequate about our potential. I chased more and more certifications, when really I needed support and guidance.

The standard 200-hr certification is where we all begin, but as Judith Hanson Lasater says, it is the certificate *to begin to study yoga*.

Yet after our initial YTT's, we often feel a little lost and stuck with finding ourselves as teachers and sharing our yoga in a way that feels authentic, as well as supporting our needs and goals.

I've been there. A yoga teacher trying to find her footing, equal parts excited and scared that anyone would take her seriously, clinging to all of the knowledge she amassed but still not feeling that support and guidance around her. And since I was (am!) a recovering imperfect perfectionist, any thought of making a mistake was enough to get me to freeze in my tracks, making no decision at all. And that place is not connected to spirit, not in any way healing or beautiful or graceful. It sucks.



This is my Yoga Teacher Mentorship program. For 16 weeks, you have me in your corner, sitting by your fireside, telling you the stories and teaching you the essentials of running your yoga business. Through my video trainings, extensive self-written resources, and a nurturing series of 1:1 calls, we will expand what you thought your yoga teaching experience could be and give it a fertile place to grow.

And not just me, but an entire teacher collective of 10 other souls that are looking for answers just like you, who will be included in this journey with you. I include eight live teacher workshop calls and Q&A sessions so you can all learn together and make bonds that will help you feel less alone.

We will cover the important things that you want to know and maybe some things that you haven't even thought of yet like:

- Overcoming Imposter Syndrome i.e. who would want to listen to ME?
- Setting the foundation of your yoga business, or just getting things back in order
- Marketing yourself in an embodied authentic way (social media, email, the whole thing)
- Setting your prices and feeling financially supported from your teaching by exploring new mediums beyond studio classes
- Getting really clear with your message as a teacher, and allowing it to inspire your visual style and logo
- Creating a great yoga website (Yes! I'll help you do this with wix)
- Using my planning templates to design your signature offering, like a class series, workshop, retreat or membership
- Undo the overwhelm of the tech of teaching - I'll share my tips for tech, filming and the platforms I use to run my yoga business
- Designing class planning strategies to keep you inspired as you create sequences, themes and curriculum that you and your students love
- Upgrading your anatomical confidence and weaving the philosophical wisdom of yoga throughout your classes
- Dealing with the tough stuff, like addressing cultural appropriation, student communication and boundaries, and physical/mental/emotional burnout
- Getting smart about your legal and financial responsibilities
- Looking beyond your drishti into the next phase of what is possible for you as you grow

I've created this Mentorship program to support YOU, no matter where you are in your beautiful adventure. I want to be for you the mentor I so deeply craved when I was getting my feet under me. If one thing in this program helps you to move beyond your fears and take a step closer to the light, I would be overjoyed.

Program includes...

- Three 1-on-1 calls - Just you & me to get really focused on your needs & intentions
- Eight live bi-weekly teachers workshops + Q+A (90 minutes, times alternating on Mondays & Wednesdays)
- Our own cozy facebook community where you can reflect, connect and celebrate with our other teachers
- Practical weekly challenges to inspire intentional action & evolution
- Be part of a small supportive community of yoga teachers dedicating to developing their teaching and
- Get lifetime access to my online class collection (120+ videos)
- Receive eight Mentorship Workbooks including planning templates
- Integrate the Yoga Sutras in our private book club
- Ask your specific marketing questions to our special guest marketing expert in week 7
- Replays of all live calls available our teachable platform for you to revisit
- Includes my tech guide on what tech and platforms I find our worth the investment
- Come behind the scenes of my little business and ask all the questions you desire
- 15 hrs of accredited yoga education
- Teacher profile spotlight on my platforms upon completion



This mentorship program will be hosted in my online school (a teachable platform), where each week new resources and weekly challenges will unlock.

This will be the home base of our course, and you will have access to all the content and replays for one year following the mentorship.

If you have studied with me previously, you know how I love to provide high-quality materials. This course will be no exception, and you will receive eight topical workbooks and many more resources to support your learning and reflection. I have also included both an anatomy and a philosophy immersion to build your confidence and knowledge. So our mentorship will also include homework, like reading and reflecting on the Yoga Sutras and completing some anatomy worksheets.



The best of both worlds...

One-on-One guidance

& a supportive community

I've chosen to add a community component to this mentorship as I think so many yoga teachers are struggling with similar challenges.

And while the yoga space can sometimes feel competitive, there is enough "yoga pie" for everyone.

My friendships with other yoga teachers have been such a source of comfort, strength, and inspiration in my teaching.

And when we come together with curiosity, creativity, connection, empathy, and encouragement - it's pure magic.

As part of this mentorship, you will be warmly welcomed into a small supportive community of yoga teachers that you can connect with each live call and in-between through our private facebook group.

Live Group Calls

You will have ongoing support for 16 weeks from August - November 2022. Every other week, join our teacher collective online for a specialized workshop + Q&A. Our dates/times will alternate to try as I know many of us teach in the evenings, so my hope is this allows everyone opportunities to come on some live calls.

*Remember if you miss a live call, you can still submit your questions and the replay will be added to our Teachable course for you to enjoy

Dates & specific topics:

- Mon, Aug 1st | Pt. 1 Present & Becoming
7:30-9 PM BST / 2:30-4 PM EST
- Wed, Aug 17th: Pt 2. | Your Message
3-4:30 PM BST / 10 - 11:30 AM EST
- Mon, Sept 5th: Pt 3. | Signature Offering
7:30-9 PM BST / 2:30-4 PM EST
- Wed, Sept 21st: Pt 4. | Anatomy Refresh
3-4:30 PM BST / 10 - 11:30 AM EST
- Mon, Oct 3rd: Pt 5. | Inspired Planning
3-4:30 PM BST / 10 - 11:30 AM EST
- Wed, Oct 19th: Pt 6. | Wisdom Refill
7:30-9 PM BST / 2:30-4 PM EST
- Wed, Nov 9th: Pt 7. | Sales with Sincerity
3-4:30 PM GMT / 10 - 11:30 AM EST
- Mon, Nov 21st: Pt 8. | Subtle Skills + Self-care
7:30-9 PMGMT / 2:30-4 PM EST
- Bonus Closing Ceremony Call | TBA

Together, I can help support you to...

- Teach yoga in a way that protects you from energetic burnout and supports you financially
- Design signature offerings and workshops that showcase your knowledge and passion
- Create a unique online yoga membership platform & other forms of passive income
- Plan a blissful local or yoga international retreat
- Build or update your yoga website with clear messaging to really connect with your students
- Streamline your class planning process to feel more inspired with your sequences and themes
- Create an actionable & inspired strategy for your social media
- Feel more confident integrating and expressing anatomical concepts into your classes
- Unpack the Yoga Sutras in a personal and meaningful way
- Feel less stressed with online yoga teaching tech
- And we can focus on any other challenges or goals you desire!



Benefits...

- A nurturing space to ask all your questions about yoga, teaching yoga and beyond
- Clarity in your teaching trajectory & soulful goals
- Individualized support, feedback, and strategies
- Community support from other yoga teachers
- Practical planning tools and templates for classes and events
- Workbooks and enriching written resources by Eva
- Weekly inspired & actionable steps to keep growing your teaching
- Mentees may be invited to assist my teaching events in the future and will be spotlighted on my profiles

3X ONE-ON-ONE

Throughout the 16-week program, we will slate three private 60-minute calls to touch base and support your individual needs and aspirations.

While I will suggest some general focus areas, this is your time and we can dedicate it to whatever aspects you would like to feel supported in.



Call One | Your Present & Message

Our first one-on-one call will be within the first two weeks of our mentorship program and will focus on a review of your current situation, business model, and challenges. We will explore what specializations light you up and what parts of your teaching drains your energy. This will be an opportunity to get to know you and set a foundation for our work to come. You will receive written notes of call for your reflection & next steps.

Call Two | Your Signature Offering

Our second one-on-one call will take place during September or October and focus on supporting you to develop a unique offering that showcases your knowledge and passion (and supports you financially). Whether this manifests as a workshop, a specific class series, a luscious retreat, an online membership, or any other form. I'm here to support you as you craft this specialized offering with practical steps to bring it into reality.

Call Three | Yogis' Choice

Our final call together will be during the last weeks of the program. At this point, we will have a closer connection and clearer vision of your path forward as a teacher, so we can be fluid and dedicate this time to whatever areas you desire. Ask me about any remaining yoga curiosities and questions you have. We will reflect and integrate our experience together and plan for your continued evolution as a teacher.

BI-WEEKLY GROUP CALLS

Every other week, you'll be invited to a private 90-minute themed workshop & Q&A hosted just for our mentorship group. (Replays will be available if you cannot attend live). Each time, we will unpack a different topic:

1

YOUR PRESENT & BECOMING...

Identifying your present challenges & building a vision of the yoga teacher you are becoming. Our first weeks are all about getting clear and intentional with your teaching and includes one of our 1-on-1 calls.

2

YOUR MESSAGE...

Feeling into your story, establishing your expertise, communicating your message - let's look at your bio, website, and overall messaging.

3

YOUR SIGNATURE OFFERING...

I'll be supporting you to create a workshop, class series, retreat or membership that expands upon your knowledge and passion (supports you financially). I'll share some planning templates, talk about pricing, and assign you your next steps.

4

THE ANATOMY REFRESH...

Ask every anatomy question that was left unanswered in your previous YTT's or submit questions about particular injuries or conditions your students may be experiencing.

5

PLANNING PROCESS & INSPIRED CLASSES...

I'll be sharing my top tips for planning weekly classes that feel fresh and inspired (without being time-consuming or leading to energetic burnout). We will create a bank of class themes and sequences for you to draw on.

6

WISDOM REFILL: WEAVING IN PHILOSOPHY...

Yoga is more than a movement practice. It is a wisdom tradition. Learn how to weave philosophy and energetics through your classes. We will also discuss and reflect upon the Yoga Sutras, the heart of yoga philosophy.

7

SALES WITH SINCERITY...

Feel authentic inviting your students to benefit from your teaching and create content they will love. We will design a social media strategy that you actually enjoy and be joined by a special guest marketing expert.

8

SUBTLE SKILLS & SELF-CARE

Like shavasana at the end of practice, we softly conclude feeling energized and grounded, deserving to pause, rest, honor this moment in your journey.



Past Mentoring Feedback

"Evas knowledge and level of inspiration completely surpassed anything I had expected. Eva is an absolutely amazing teacher, and as soon as I saw the mentorship, I knew working with Eva was exactly what I needed to help me build on my teaching

Each session of this mentorship contained clear and relevant guidance which I was really able to put into practice immediately. Eva created a nurturing and supportive space that allowed me to truly understand her wisdom, knowledge, teaching tips, and guidance. Through her patience and I've felt inspired to tap into my own creativity and help build my confidence as both teacher and business owner.

The sessions were invaluable and Eva was on hand throughout the program to reassure me when I wobbled! Having all the material from the mentorship means I can revisit it at any time I need to throughout my career. Added to this the referrals Eva kindly passed to me and has been enviable.

I believe it is due to this program that my teaching is evolving. I would highly recommend this program to anyone wanting to take their yoga teaching to the next level because Eva really is worth her weight in gold!"

- Karen x

Testimonials

I've run this program in this format previously and I cannot even begin to tell you how rewarding it is for me to see these beautiful teachers bound over the things that once held them back. Here are some of their experiences...



I am so happy I took this course. It is very evident that Eva poured her heart and soul into this program. I highly encourage any Yoga teacher to take this course because you will learn alot! There are so many different avenues you can take to make a living off of being a yoga teacher. There's so much more you can do than just studio classes. After taking this course I feel inspired and motivated to get my own yoga business up and running!

- Carrie



Eva's mentorship program was a life preserver for a time in my life when I needed to prioritize and clearly define my offering. Eva's mentorship is filled with an abundance of resources and your time in Eva's presence inspires and motivates you to be your best and share your gifts.

- Heather



My mentorship journey with Eva was like the scare crow, the tin man and the lion all helping me on my yellow brick Yoga teaching journey, bringing me the advice and tools I needed to guide me on my next steps. So cheesy, but that's how it felt. Being self-employed and trying to pave your way in the wellness industry can be incredibly challenging, pot holes of doubt and feelings of loneliness can surface unexpectantly. With the group live calls and one-on-ones with Eva, it helped me feel less alone in my struggles and gave me the best advice to move past these roadblocks and build a sustainable business and outlook.

- Lizzie



The mentorship experience with Eva was equal parts beautiful and inspiring. From the nitty gritty business start up, to wisdom refills, to anatomy refreshes, to marketing 101, Eva covers everything you need as a Yoga Teacher.

- Jessie



About Eva

Eva Hamilton is an international yoga educator who leads yoga teacher trainings, retreats, specialized workshops, and nourishing classes around the world and online from the comfort of your home.

Eva has taught yoga for thirteen years, accumulated over 1000-hrs of study in various teacher trainings and modalities, and taught over 8500 hours of yoga and yoga teacher trainings.

She has owned a yoga studio, launched an online membership, taught yoga trainings around the world, and designed many successful workshops, retreats, and educational courses.

Eva first stepped on a yoga mat just after her 15th birthday, having been introduced to yoga to soothe her anxiety. All resistance quickly melted into the emphasis on breath, embodiment, inner reflection, and true rest. Yoga has always been about this calming, internal connection for Eva, and loves to share practices that nurture and support her students - in their bodies, minds, and energy.

And the rest just flowed without effort. Eva completed her 200-hr training at seventeen and began teaching in 2008. Then she studied Religious Studies at Queen's University which allowed her to write papers on Hinduism, Buddhism, yoga, and mysticism. As soon as she graduated, she started packing her bags for India and completed her 500-hr YTT in 2013 with Akhanda Yoga, known for their authentic approach emphasizing yoga philosophy and energetics.

In 2014, Eva opened a yoga studio in a small town in Canada and loved supporting the people in her community with nourishing practices. She began to focus her yoga studies more on yoga's influence on the nervous system and how it can help support students struggling with anxiety, developing yoga programs for the Canadian Mental Health Association. This led her to fall even more in love with yin and restorative yoga, which offered still, soft, supportive spaces for our anxious minds and bodies. She continued taking many trainings in yin yoga, restorative yoga, yoga anatomy, therapeutics, myofascial release, and thai massage.

Eventually, Eva stepped away from the studio and moved across the world to teach yoga in Scotland. It was the best decision of her life and opened the door to so many possibilities. It wasn't a permanent destination, but a threshold to traveling the world and leading retreats and teacher trainings internationally. Eva has studied and taught yoga in the US, the UK, India, Bali, France, Spain, Thailand, Mexico, Nicaragua, Costa Rica, Vietnam, Italy, and more. Her home is now in the Douro Valley with her partner, fixing up an old vineyard into a (one day) dream yoga retreat.

Yin yoga, restorative yoga, myofascial release, vinyasa flow, hatha, and gentle yoga are a few of the class styles Eva offers. Her flow classes are attentive, emphasizing functional alignment without sacrificing the transformative state of flow. But while she enjoys the creative possibilities of a flow-based practice, her passion is to help people release stress and anxiety. Her gentle energy is best expressed through her restorative & yin practices. Her classes are designed to be nourishing experiences that prioritize your unique internal experience. To be honest, she's much less interested in helping students touch their toes, as she is in helping them feel less stress and pain and more peace and contentment in their daily lives.

Apart from asana, she is passionate about educating about the deeper mechanisms of yoga. She gets very excited to talk about fascia & philosophy, anatomy & embodiment, recalibrating our nervous systems, and taking our practice beyond the poses.

As a Yoga Educator and Teacher Trainer, her highest goals are to elevate standards of yoga education, increase inclusivity in the yoga space, and ensure that you feel confident and excited to start teaching what you learn. She loves supporting yoga teachers to grow their knowledge and share their passions.

Mentoring Pricing

Includes: 3x 60-min one-on-one sessions | 8x group mentorship workshops | lifetime access to my online class collection | and lots more...

Early Bird Options:

€888

One Time Payment
(by July 1st, 2022)

€312/m

3 Month
Payment Plan
(by July 1st, 2022)

€160/m

6 Month
Payment Plan
(by July 1st, 2022)

Regular Price:

€1000

One Time
Payment

€360/m

3 Month
Payment Plan

Standard Rates:

One-off teacher mentorship session | 90-mins | €200
(Includes some additional resources,
but no group seminars, teachable access or class collection)

the fine print:

- To really grow through this experience, expect to dedicate 1-2hrs a week to this process outside of our group & private calls (its a very content rich program)
- You will get receive as much as you give to this experience
 - most of the growth will come from completing your challenges and homework outside of our one-on-one session and live group calls.
- I will share with you from my positionality as a yoga teacher of 14 years with a multitude of different experiences - opening and running a studio, creating an online platform, running workshops, offering international retreats, etc. I will share with you have has worked (and what hasn't) from my personal experience.
- I will also offer educational lectures and resources in my capacity as a yoga teacher trainer and continuing education provider.
- Important fine print: I am not a business or financial coach/expert. I am not a marketing coach/expert. I am not a life coach/expert. I am not a physical therapist. I am not a counsellor or therapist.
- I have previously mentored many teachers, helping them to transition to teaching yoga full time and offer their teaching in a way that supports their energy and financial stability.
- Once registered, I will set up your lifetime membership to my online class collection at www.eva.yoga. You will also have access to all the mentorship content for one year in our teachable school.
- I will be available to answer individual questions in our facebook group or by email outside of our one-on-ones and group calls (but the best place to connect is within our private platform)
- Following our 16-week mentorship, if you wish to book another private session you can do so at a reduced rate (available to mentorship grads only).
- Very rarely, I may need to adjust a date of a live group call, in which case I maintain the right to communicate with our mentorship group to find a suitable alternative time.
- Please note, once registered for the mentorship payments are non-refundable, however in emergency circumstances I will also try to accommodate you and may open up a spot for you in a future mentorship process if you cannot complete the current process.

Register now.

Registration opens Monday, June 2022.
Booking link will go live at www.eva.yoga/mentorship

Once your full or initial payment has been received,
I will confirm you have been received into the program.

To maintain a supportive and personal learning environment,
only a small number of students will be accepted
into the mentorship.

If you have any questions about the mentorship,
please contact Eva at:
evahamiltonyoga@gmail.com

The content of the membership program will begin
unlocking on August 1st, 2022.

