

Yoga Hawaii's Yoga Mentor Program

What is a "Yoga Mentor"?

A Yoga Mentor is your new best friend, someone who answers your questions about which class would be best for you, or where to find cool yoga clothes, or what's a "bandha," or anything else you want to know about this crazy practice called YOGA.

Who is eligible?

Yoga Hawaii offers this free service to anyone interested in taking classes at our yoga shala (school). We understand that it can be confusing getting started in classes with so many options available. We have found that having someone knowledgeable to guide you is an invaluable aid to new students.

How much does it cost?

It's free!!! Just fill out the request form below to request a Yoga Mentor of your own.

What can I expect from my Yoga Mentor?

That's up to you and your mentor. If you want someone to help you figure out what style of yoga would be good to achieve your goals, your mentor can do that. If you need questions answered about yoga in general, that is possible as well. You might even be able to persuade your mentor to take class with you from time to time and give you tips on what you could do to hone your practice.

Who are the Yoga Mentors?

Yoga Mentors are individual practitioners and teachers who have volunteered to be a resource to students needing assistance. You'll find that each one of them is knowledgeable, helpful and eager to do anything possible to enhance your yoga experience.

Request process

Please fill out the attached request form and submit it either electronically as a pdf, ATTN: Yoga Mentor Coordinator (omlounge@yoga-hawaii.com) or drop it off at Yoga Hawaii's Om Lounge, 1152 Koko Head Ave., Honolulu, HI 96816. You may also send it by regular post.

You will be assigned a Yoga Mentor based on your expressed needs. It's our goal to provide the means for you to live your healthiest, happiest life.

Mahalo for your interest in our yoga community. We look forward to getting to know you and helping you grow on your yogic path.



Yoga Mentor Request Form

General Information

Name: _____ Date: _____

Address: _____

City, State, Zip Code: _____

Home phone: _____ Other phone: _____

Email Address: _____

Occupation: _____

Yoga Background

How long have you been practicing yoga (if at all)? _____

What style(s) of yoga have you primarily practiced? _____

What are the main reasons you practice yoga?

How do you envision a Yoga Mentor can help you?

Do you have a gender preference for your mentor?

Male Female No preference

Print Name: _____ Date: _____

Signature: _____

Thank you for your interest in our Mentor Program. Your Yoga Mentor will be in touch with you soon!

Mahalo & namaste,

Yoga Mentor Coordinator
YOGA HAWAII
1152 Koko Head Ave.
Honolulu, Hawaii 96821
(808) 739-YOGA
<http://yoga-hawaii.com>