

TEACHER ROADMAP



1. VOLUNTEER

To become a THAY teacher on pay:

- Observe at least 2 THAY classes, preferably more!
- Complete all your volunteer hours.
- Teach regularly for a THAY organization.
- Be observed by Lara while teaching.
- Receive great feedback & be reliable and dedicated.

You can then apply to be a teacher with a stipend of \$35 per class.

2. THAY TEACHER

Teach trauma yoga classes regularly with an organization for a minimum of 6 months before applying to become a senior teacher.



3. SENIOR THAY TEACHER

To apply to become a senior teacher with a pay raise:

- Teach at least 1 donation class for THAY, either IG Live or a donation class on your own.
- Receive a letter of recommendation from the program director of the organization you teach with.

If you are not offered a position at this time, you may re-apply in 6 months.



SENIOR TEACHER BENEFITS & DUTIES

- Pay raise of \$50 per class.
- Able to mentor small groups of new trauma yoga training graduates.
- Opportunities to represent THAY at events such as SOULFest.

