

# TEACHER ROADMAP

## 1. VOLUNTEER

To become a paid THAY Teacher, you will need to:

- 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.

After achieving all volunteer responsibilities, you can then apply to be a THAY Teacher for a \$35 stipend per class.



## 2. THAY TEACHER

THAY's trained instructors teach trauma-sensitive yoga classes regularly with a THAY 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 increase, you will have to accomplish the following:

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

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



## SENIOR THAY TEACHER BENEFITS & DUTIES

- Senior Teachers receive a pay increase of \$50 per class and are able to mentor small groups of new trauma-informed yoga training graduates.
- You will also have access to opportunities to represent THAY at events such as SOULFest.

## 5. COACH

The opportunity to Coach is the highest THAY honor and is available to volunteers, teachers, and senior teachers who join the THAY Advanced Training Membership Program and partake in our additional trainings.

Coaches must be approved by Lara and work closely with her on high-level projects.

- You'll have advanced opportunities to lead trainings,
- Build your following,
- Teach large groups and work closely with Lara on larger THAY projects.

