

Nicky The Yoga Coach and LANO YOGA

FROM LEARNING TO LEADING



Mentor

Nicky Eker

Location

LANO Yoga

Dates

January - March 2026

Investment

£250



FROM LEARNING TO LEADING

A 3 MONTH YOGA MENTORSHIP

A warm and supportive journey for new yoga teachers to grow their confidence, refine their teaching and step into leadership.

This mentorship exists because of you. Many new teachers complete their 200 hr YTT feeling inspired yet unsure of how to begin teaching with confidence.

This mentorship bridges the gap between training and teaching, providing real practice, reflection and guidance. You'll grow your skills, deepen your understanding of teaching and find your authentic teaching voice.

Ready to step into your teaching journey?

Join me for three months of mentorship designed to help you teach with confidence, purpose and authenticity, and become a leader.

MEET YOUR MENTOR



Nicky has been teaching with LANO since 2020, and is an experienced Yoga teacher, registered with Yoga Pros, with over 8 years of teaching experience.

She has trained in Hatha Vinyasa, Yin and 26&2 styles, with a depth of knowledge about teaching.

Nicky also has nearly 15 years experience coaching and developing people. She brings a blend of Psychological coaching, leadership development and yogic wisdom.

Nicky's approach is grounded in curiosity, compassion and growth, helping you to find your authentic voice and unique contribution as a yoga teacher.

OVERVIEW



Philosophy - The What, How & When: Weaving Yogic Wisdom into classes with authenticity

Sustaining your own Practice: Building resilience and boundaries as a teacher

Communication and Language: Developing clarity, compassion and inclusivity in your voice

Sequencing Strategy: Designing classes with structure flow and intention. FOCUS - Hatha, Vinyasa, Gentle, Restorative and Yin

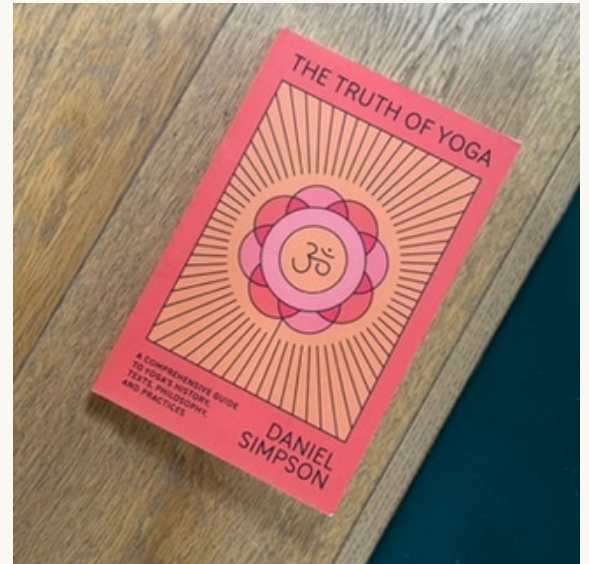
Teaching Practicals & Peer Feedback: Supported teaching, feedback and reflection

HOW IT WORKS

This 3 month mentorship offers 25 contact hours through a mix of in-person sessions at LANO Yoga and live online workshops. Option 1:1 coaching sessions can be added for more focussed feedback.

Typical Rhythm example:

- In person sessions - teaching practice and feedback (2hrs)
 - Online sessions: Discussion, learning and reflections (1.5 hrs)
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BY THE END...

You'll have:

- Real teaching experience with supportive feedback
- Confidence in leading class
- Tools to integrate philosophy and self practice
- Deeper connection to your authentic voice and purpose as a teacher.



INVESTMENT AND BOOKING

Total Cost	£250
Deposit	£100
Installments x2	£75

Booking: Email nickytheyogacoach@gmail.com or visit LANO.life

Spaces are limited to small groups to create a supportive and personal experience.

T&Cs apply

TIMELINE

11 Jan	In person - 3 hours. Introductions, practice, aspirations setting
14 Jan	Online - 2 hours - Sustaining your own practice & building boundaries
19 Jan - 31 Jan	Self Practice study & Journal
7 Feb	In person - 3 hours. Communication and Language
18 Feb	Online - 2 hrs Sequencing Strategies
1 March	In Person- 5 hrs workshop - Hatha & Vinyasa
15 March	In person - 3 hours - Gentle, Restorative and Yin (Incl. session on props)
18 March	Online - 2 hours - Philosophy
28 March	In Person - 5 hours - Teaching, Feedback, reflections and next steps

All in person sessions will be hosted in LANO Southsea, start time 12pm and run the duration stated.

All online sessions will run 7-9pm

BOOKING AND CANCELLATION SUMMARY

- **BOOKINGS CONFIRMED UPON DEPOSIT OR PAYMENT**
- **FULL REFUND (MINUS £50 ADMIN FEE) AVAILABLE UP TO 4 WEEKS BEFORE THE PROGRAMME START DATE**
- **NO REFUNDS ONCE PROGRAMS BEGIN**
- **MISSED SESSIONS ARE NON REFUNDABLE BUT RECORDINGS OR 1:1S MAY BE OFFERED**
- **RESPECTFUL, CONFIDENTIAL ENVIRONMENT FOR ALL PARTICIPANTS**
- **FULL TERMS AND CONDITIONS UPON BOOKING**