Nicky The Yoga Coach and LANO YOGA

FROM LEARNING TO LEADING

Mentor
Nicky Eker

Location
LANO Yoga

Dates
January - April 2027

Investment
£395

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

With nearly a decade of teaching experience and over 600 hours of training, I offer a broad and inclusive approach to yoga and personal development. My teaching spans Yin, Hatha, Vinyasa and 26&2 (Bikram) yoga, rooted in the belief that there is a practice for every body, every season, and every stage of life. For me, the style itself is secondary to the deeper purpose of the practice: awareness, connection and understanding.

Alongside teaching yoga, I am a certified coaching professional (ILM Level 7), supporting individuals - particularly yoga teachers- who want to explore their values, purpose and direction with greater clarity and integrity.

I work with a wide range of people, from high performing 'type A' personalities to those simply seeking more space, steadiness and peace of mind. My approach is calm, honest and grounded in both lived experience and the life science of yoga philosophy. As an experienced registered yoga teacher with YogaPros (Yoga Alliance Professionals), I teach regular classes, workshops, retreats and mentorship spaces designed to help people explore their practice in a supportive and welcoming way.

OVERVIEW

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

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

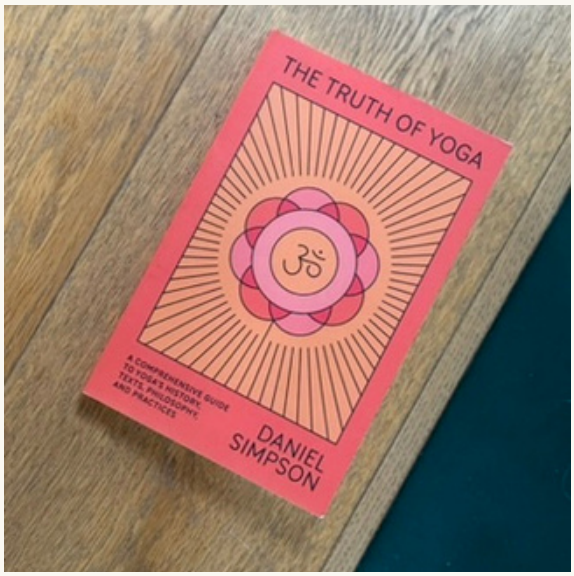
Communication and Language: Developing clarity, compassion and inclusivity in your voice

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 35 hours through a mix of in-person sessions at LANO Yoga and live online workshops. This also includes a 1:1 feedback and coaching session and self study hours.



Typical Rhythm example:

- In person sessions - teaching practice and feedback (4 hrs)
- Online sessions: Discussion, learning and reflections (2 hrs)

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	£395
Deposit	£195
Installments x2	£100

Booking: Email nickytheyogacoach@gmail.com or visit www.nickytheyogacoach.uk

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

T&Cs apply

TIMELINE

Session 1 - 10th January	In person - 4 hours “The role of Teacher as Leader’
Self Study	
Session 2 - 7th February	In Person - 4 hours ‘Communication and Learning styles’
Session 3 - 21st February	In Person - 4 Hours ‘Sequencing Strategies
Session 4 - 28th February	In Person - 3 hours ‘Movement Philosphies: Hatha and Vinyasa
Session 5 - 14th March	In Person- 3 hours ‘Movement philosophies: Yin and Restorative
Session 6 - Online	Online - 3 hours ‘Philosophy and Integrity’
Session 7 - 21st March	In person - 4 hours ‘ Adaptive teaching and real word scenarios’
Session 8 - 4th April	In Person - 3 hours ‘Final Practicum and Integration’

All in person sessions will be hosted in LANO Southsea, start time 12pm and run the duration stated.
All online sessions will run from 6:30pm

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 ENVIRNOMENT FOR ALL PARTICPANTS
- FULL TERMS AND CONDITIONS UPON BOOKING