



Mentoring Program Sessions Record Sheet

Name of Student: _____ Tel: _____

(As it should appear on the certificate)

Address: _____

(Where the certificate should be mailed)

Status: Currently Enrolled

YTRX Level/s: _____ Year:

Past Graduate

#	Date	Mentor	# of Hours	Via Skype or in person	Mentor's Signature
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					

Samata International Yoga and Health Institute

4150 Tivoli Ave Los Angeles CA 90066 Tel: 310-306-8845 Fax: 310-827-8812 info@samata.com



Instructions:

- 1) Please keep track of all of your mentoring sessions on this form.
- 2) For each session, fill in the date, mentor and how sessions was conducted (Skype, phone, in person) and how long.
- 3) Remember to get the instructor's signature on this form at the end of each session.
- 5) You receive a certificate for every 6 (Level 1), 12 (Level II) or 18 sessions (Level 3).
- 4) At the end of August, submit this form via email, fax or mail to: Samata Yoga, 4150 Tivoli Ave, Los Angeles, CA 90066 fax: 310-827-8812 email info@samata.com
- 5) If you have not completed the correct number of mentoring sessions to qualify for a level e.g. you have only 5 session by August, you are required to submit the form with the 5 sessions, the sessions will be carried forward to the next year and we will issue your certificate once you have completed the balance.

Questions? Please call: 310-306-8845 or email info@samata.com.

IMPORTANT:

The mentorship program year starts at the same time as a new Yoga Therapy Rx semester in October and it ends in August of the following year. In order to receive credit for all the sessions between Oct-Aug, we must have this form back by end of August. Any sessions not recorded with us on this form by end of August will not be credited towards the Mentorship Program Certificate.