

SOUK Studio Launches Yoga Continuing Education Program for Summer 2025

*A Hands-On Mentorship Training
Experience for Certified Yoga Teachers*

NEW YORK CITY, NY, UNITED STATES,
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SOUK Studio, a contemporary yoga
studio and community in New York
City, is excited to announce its [Summer
2025 Mentorship Program](#), designed to elevate certified yoga teachers through immersive
training and one-on-one mentorship.



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Yoga is a lifelong journey,
and growth is continuous.
This mentorship program is
a wonderful occasion to
strengthen your connection
to your practice, students,
and community.”

Rima Rabbath & Monica Jaggi

Now accepting applications, this yoga apprenticeship
program has been thoughtfully crafted to expand
instructors’ teaching skills and connect them with
seasoned mentors in a supportive, community-focused
environment.

ABOUT SOUK'S SUMMER YOGA MENTORSHIP TRAINING

The Summer 2025 SOUK Mentorship Training Program is a
10-week program that kicks off in June and runs through

August.

Offering a comprehensive curriculum centered on [yoga continuing education](#), this program is
designed for both new and experienced teachers who are ready to advance their professional
path as certified yoga instructors—or reinspire their teaching journey.

With a focus on teaching technique, anatomy, philosophy, Sanskrit pronunciation of poses, and
hands-on adjustments, this SOUK program will deliver practical skills and a deeper
understanding of yogic traditions.

GET TO KNOW PARTICIPATING MENTORS

SOUK Studio is thrilled to collaborate with a diverse group of mentors, each bringing their own expertise and teaching style to the program. This summer's mentors are: Francesca Bove (Katonah Yoga); Adrienne Burke (Jivamukti Yoga); Ali Cramer (Vinyasa); Maria Cutrona (Vinyasa); Ashley Dorr (Shala Vinyasa); Shanna Honkomp (Jivamukti Yoga); Rima Rabath (Jivamukti Yoga); and Jessica Stickler (Jivamukti Yoga).

UNIQUE VALUE OF SOUK'S SUMMER MENTORSHIP TRAINING PROGRAM

SOUK Studio's Summer 2025 Mentorship Program offers participants some distinct advantages, including (but not limited to):

1. Specialized one-on-one training and workshops with seasoned yoga instructors.
2. Hands-on teaching opportunities and real-time feedback.
3. Workshops focused on anatomy, sequencing, hands-on adjustments, and effective teaching techniques,
4. Opportunities to deepen understandings of yoga philosophy while cultivating meaningful connections with fellow yoga teachers and renowned mentors.
5. All-In SOUK Membership for the 10-week duration of the Mentorship.
6. A 15% Discount on all Continuing Education Programs that will be valid for 1 year after the completion of the Mentorship.

HOW TO FIND OUT MORE & APPLY

SOUK Studio is currently accepting applications for



2025 Summer Yoga Mentorship Program at SOUK



SOUK's Mentorship Program for Certified Yoga Instructors, Summer 2025

its 2025 Mentorship Program, and early bird registration ends May 31st.

Prospective participants are encouraged to [visit SOUK's Summer Yoga Mentorship Program page here](#) for more information and to complete the application process to join this apprenticeship.

Please note that spaces are limited and early registration is recommended to secure a spot in this yoga teacher training program designed for certified instructors.

ABOUT SOUK STUDIO

Founded by Rima Rabbath and Monica Jaggi, SOUK Studio is a premier yoga studio in the heart of NYC's Flatiron/NoMad neighborhood. Committed to cultivating community, mindfulness, and transformative practices, SOUK Studio offers a range of classes, workshops, and programs to empower all levels of practitioners to explore yoga in its many forms, as well as sound meditation, frequency breathwork, and more. With a dedicated team of experienced instructors, SOUK provides a welcoming environment for growth, connection, and self-discovery.

Shanna Honkomp & Adrienne Burke

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