



Iso Fit (Hong Kong) Mentorship programme –Summary (Effective 14th December 2020)

Activity	Details	Fee/hour
Private/Semi-Private tuition	Comprehensive studio/rehab (phase 1 &2) students may take private or semi-private sessions at Iso Fit, as a normal client. Restrictions regarding time slots apply.	Private:HK\$700 (Normal Fee \$1,000) Semi-private: HK\$490 (Normal fee \$700)
Mat	Mat and comprehensive students may join regular mat classes as a normal client. Priority for spaces given to full paying clients.	HK\$100 (Normal fee \$200)
Reformer	Reformer Mat and comprehensive students may join regular Reformer classes as a normal client. Priority for spaces given to full paying clients.	HK\$150 (Normal fee \$300)
Observation of the conducting of Rehabilitation, Studio, Mat or Reformer sessions	Students may observe teachers in Iso Fit teaching clients-private, semi-private, mat and reformer. Observation sessions must be coordinated with studio manager.	HK\$0
Observation of the conducting of Rehabilitation, Studio, Mat or Reformer sessions	Students may also watch Polestar produced DVD in their own location and sign themselves off for each hour as observation.	HK\$0
Self-Mastery Sessions-self conducted training.	Students may utilize Iso Fit studio (space and equipment) for practice sessions. All sessions must be coordinated with studio manager.	HK\$0
Teaching practice sessions	Students may utilize Iso Fit studio (space and equipment) for teacher practice sessions. All practice clients are arranged by student and must sign the Iso Fit waiver form BEFORE the start of sessions. All sessions must be coordinated with studio manager.	HK\$0
Assistant teaching experience	Students after completing all the core modules of their course, may apply to assist teachers of semi-private, mat and reformer clients –as applicable. All sessions must be coordinated with studio manager and teacher concerned	HK\$0
Group study sessions-unsupervised	Students may form study groups to review sections of the course material in discussion and/or practice in Iso Fit studio. All sessions must be coordinated with studio manager.	HK\$0
Group study sessions and self-mastery check-off-supervised.	These sessions are conducted under the supervision of an authorized Polestar educator or mentor in a private or group session format. All sessions must be coordinated with studio manager and teacher concerned	See fee table below*
Review/Exam workshops	These sessions are conducted by an authorized Polestar educator in which he/she will review different parts of the course material in preparation for exam. These workshops may also be used for self-mastery check-off. Date/time of workshop is scheduled by teacher.	3 hours-HK\$500/person 6 hours (or 2x3 hours on the same day)- HK\$900/person

***Mentorship training with authorized Polestar educator or mentor**

Fee/person/hour-HK\$

	Private	2 persons	3 persons	4 persons	5+ persons
Mat	\$550	\$275	\$200	\$175	\$150
Reformer	\$575	\$300	\$250	\$200	\$175
Studio/Rehab	\$575	\$350	\$300	\$275	\$200