



Children's Yoga Tree

90 Hour Children's Yoga Teaching Training

Course Overview

The 90 hr Children's Yoga Tree Foundation Teacher Training course is a practical and intensive programme aimed at yoga teachers, education and health professionals and therapists working with children. It is a challenging and inspiring course, which will give you the skills, confidence and resources to successfully teach yoga to children at the highest level.

This unique online course is designed for you to complete over a four month period with structured online content, weekly assignments and live sessions providing interaction with students and tutors. Each student is assigned an individual tutor and a buddy who will support your learning throughout the course. The online content is provided online via our easy to use learning platform Teachable and will be available for 18 months.

Phase 1: 40 Hour Foundation

Our Foundation course is an intensive journey into the playful and therapeutic world of children's yoga. It is an opportunity for teachers to explore their own creativity and discover their unique teaching voice. The six modules of the Foundation course - *Class Planning, Child Development, Working with Schools, Behaviour Management, Marketing and Mindfulness* provide the fundamentals of teaching practice.

We also offer weekly live online sessions over the 6 weeks with your tutor group . These include a children's yoga class and workshop - with the opportunity for students to ask questions, practice teaching and share with other students on the course.

Foundation Module 1: Class Planning

- How to become a mindful and confident Children's Yoga Teacher
- Themes in yoga classes
- Structuring a Class including Circle Time, Sequences, Games and Relaxation
- Tailoring your Class Plans for different age groups

Foundation Module 2: Child Development & Anatomy

- Understanding the development phases of childhood aged 3-11 yrs
- Planning classes for different ages to address physical, cognitive and soico— emotional needs
- Creating inclusive classes for SEN children and addressing common childhood conditions

Foundation Module 3: Teaching in Schools

- The compelling need for yoga provision in schools
- How to work with schools and what to offer
- Mindful Activities for Calm in Classroom
- Mindful Activities for Creativity in the Classroom
- Developing Children's Confidence through yoga in school
- Safeguarding and Schools

Foundation Module 4: Managing Behaviour

- Golden Rules for Behaviour in a Children's Yoga Class
- How to deal safely and positively with difficult behaviour
- Changing the Plan - how to switch the energy of the class

Foundation Module 5: Marketing your Business

- Importance of Marketing for a Yoga Teacher
- Five Step Marketing Plan to promote your business
- Creating your brand, engaging with social media, advertising and networking

Foundation Module 6: Mindfulness for Children

- Understanding how Mindfulness benefits children
- Being a Mindful Role Model for Children
- Four States of Mindfulness for the Body, Senses, Mind and Inner Truth
- Creating a Mindful Toolkit - Sensory activities, Crafts, Meditations and Mindful Games

Phase 2: 50 Hour Advanced Course

The 8 week Advanced course builds on the knowledge and skills gained in the Foundation and provides a deep dive into four specialist areas of teaching yoga to children from nursery to Teens. These are Mindfulness, Teaching children with Special Needs, Yoga Philosophy and Teens. Each module is taken over two weeks with a written and video project, live session and tutor to offer guidance and support you throughout the course. The Advanced course provides you with in-depth specialist knowledge that allows you to teach yoga to children confidently at a high level.

Advanced Module 1: Teaching Yoga to Children with Special Needs

- Making your classes accessible for SEN

- Making your mainstream classes accessible for children with SEN
- Assessing Sensory Integration Needs
- Developing programmes for children with Autism, Downs Syndrome and ADHD
- Safeguarding for SEN children
- Creating a Therapeutic Tool-kit

Advanced Module 2: Mindfulness for Children

- Breath, anatomy and Emotional Development in children
 - Social and Emotional needs 3- 18 yrs
 - Developing Mindful programmes for different age groups including:
 - Songs and Chanting
 - Breathing exercises and games for different age groups
 - Incorporating breath in movement
 - Meditations
 - Visualisations
 - Mindful crafts
 - Mindful games for the classroom

Advanced Module 3: Yoga Philosophy for Children

- Structure and Planning for Special Needs children
- Impact of Yoga Philosophy on Social, Emotional Development
- Benefits of Yoga philosophy and appropriate language for different ages
- Understanding the origins of Yoga in nature and Hinduism
- Eight Limbs of Yoga, Yamas & Niyamas and their practical application through themes, games and group activities
- Understanding Chakras and how they relate to child development
- Story Telling and Hindu Gods for different age groups
- Mudras and Mantras

Advanced Module 4: Introduction to Teaching Teens

- How to encourage calm and reinforce positive behaviour
- Voice management
- Routines, lesson planning and visual timetables
- Finding your creativity as a teacher, writing stories and visualisation
- Planning Class Structure for Early Years, KS1, KS2 and Teens

Tutors

The course tutors are Senior Yoga Teachers with Yoga Alliance Professionals, Emma Charvet and Siobhan Power who have been teaching yoga in UK and South Africa for over ten years and specialise in teaching yoga for children with special needs.

Training Manual

A fully illustrated *Children's Yoga Tree* Foundation Training Manual and Toolkit is provided on starting the course and can be downloaded or a hard copy purchased for a small fee. It includes an extensive teaching toolkit including themed class plans and sequences, games, breathing exercises, mindful activities and over 70 illustrated poses for children aged 3-11yrs.

Live Sessions

Weekly interaction with tutors and students is an important part of the learning experience. Two hour live sessions are held with the Trainers via Zoom and are accessible for different timezones (4pm UK time/ 8am Mountain Time/ 9am Pacific Time/11am Eastern Time)

Each live session includes a themed children's classes for a specific age group and is taught by the trainers and guest teachers. The class is followed by a workshop on each module with online break out rooms and circle time to encourage interaction and discussion.

There are also social media opportunities for students to communicate via a WhatsApp or Facebook group to ask questions and share with students and trainers during the course and beyond.

Assignments

A recommended reading list is issued prior to starting the course. The following assignments are set during the course and individual feedback is given from the trainers.

- Writing a themed class plan for a specific age group
- Creating a marketing plan for a community yoga event
- Creating 3 x 5 min videos of yourself teaching at home

Assessment

Successful completion of the course is based on continuous assessment of student's engagement during the course. It is also based on the written and video assignments and Foundation teaching assessment where students teach a section of their class plan to the group via Zoom. Advanced course assessment is based on a written and video project. Students's receive in-depth individual feedback from their mentor on all assignments and assessment.

Qualification

On successful completion of the 90 hour course students receive a Yoga Alliance Professionals qualification enabling you to teach yoga to children in schools and studios internationally

For further info visit www.childrensyogatree.com