

**Children’s Yoga Tree**

Children’s Yoga Teaching Training

**40 hr Foundation Course**

**Course Overview**

The 40 hr Children’s Yoga Tree Foundation Teacher Training Foundation 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.

This unique course includes behaviour management, creative planning, mindfulness and marketing. It will deepen your knowledge of child development and provide a practical guide to working in schools enabling you to deliver inspiring classes that nurture children as they grow.

The focus of Children’s Yoga Tree Teacher Training Foundation Course is on learning the *fundamentals of teaching practice*. Each day opens and closes with a ceremony involving singing and music and our teaching style is kinaesthetic and visual throughout with an emphasis on hands on teaching practice. We teach students to find their unique teaching voice and become confident, compassionate but disciplined teachers.

**Minimum Requirements:** Students should have at least 3 years of yoga self-practice before embarking on the course and **either** a 200 hour Yoga Teaching qualification **or** have equivalent experience working with children. Acceptance on the course is by application.

**Teachers:** The lead teacher for the programme is Emma Charvet, Chartered Level 2 teacher with Yoga Alliance. She is partnered by Yoga Alliance teacher Siobhan Power. Emma and Siobhan have been teaching yoga and working with children in schools and yoga studios for over a decade in the UK and South Africa.

**Training Manual:** A fully illustrated *Children’s Yoga Tree* Foundation training manual is provided on starting the course and includes an extensive teaching toolkit including themes, class plans, children’s poses, sequences, games, pranayama, mindfulness activities and over 70 poses for children aged 3-11yrs.

**Assignments and Non-Contact Hours:** A recommended reading list will be issued prior to starting the course. The course is made up of 32 teaching hours plus 8 non contact hours reading and written assignments. These include writing one class plan for final assessment.

**Assessment**

Successful completion of the course is based on continuous assessment of engagement during the course, final assessed practical teaching exercise and short written assignments. Written assignments include creating a class plan, planning a community class and observing three children’s yoga classes.

**Qualification:** It is a vocational course accredited by Yoga Alliance UK. On completion students will receive a Foundation Level Children’s Yoga Teaching Certificate. Students will be eligible for membership and insurance with Yoga Alliance enabling them to teach in schools and studios.

**Follow Up:** Children’s Yoga Tree co-ordinates a national network of Children’s Yoga teachers, sharing ideas, cover, support and all graduates are invited to become part of the network. Students are also eligible to take part in Children’s Yoga Tree CPD training workshops and mentorships programmes following the course.

**Course Content**

**Module 1: Class Planning**

• How to structure a class and create themes for different age groups

• Creating a toolkit of poses, props and music

• Balancing planning and spontaneity

• Bringing nature into your classes

• Teaching relaxation

• Finding your unique teaching voice

**Module 2: Teaching Yoga in Schools**

• How to hold the space and project confidence with large groups

• Managing difficult behaviour with praise and positive reinforcement

• Creating a behaviour toolkit for class management   
Working with teachers, school rules and regulations

Safeguarding children in schools

**Module 3: Child Development & Anatomy**

• Planning classes for different age groups

• Understanding physical development of the child aged 3-11 yrs

• Teaching healthy body awareness to children

• Activities to nurture social and emotional development of the child aged 3- 11yrs

**Module 4: Mindfulness for Children**

• Mindful games and breathing exercises

Teaching relaxation and meditation to children

• Creating yoga inspired craft activities

• Teaching children the benefits of mindfulness in everyday life

**Module 5: Marketing your Business**

• How to promote yourself as a yoga teacher

• Communicating the benefits of children’s yoga

• Yoga teacher ethics and creating an ethical social media presence

• How to approach schools and studios

www.childrensyogatree.com