



## **Modules & Syllabus of LKY Children's Yoga Teacher Training (62 hours – 6 day course) – at least 75% taught by Louisa Craig SYT500**

### **Asanas – How to adapt and teach to children – 17 hours**

Includes yoga-based practices appropriate for child development, such as asanas, asana-based movement, yoga-based games and activities; also includes the study and understanding of all childhood developmental stages from age 2-15 and how the issues of each stage impact what is appropriate for teaching them. The school may split ages 2-12 into age groupings as it sees fit (e.g., ages 2-4, 5-8, etc) Guidelines to teaching practice will be discussed,

Age-appropriate teaching skills for yoga class techniques (including how to phrase age-appropriate questions to a child) and effective communication skills (such as songs and stories) for working with children.

Each age group is taught in a different way as they have specific developmental needs, and they also have different interests.

Age appropriate breathing techniques, mantras, mudras and Yoga Games will be covered in the training, as well as the asanas (and their Sanskrit names and benefits). Modifications and remedial postures will also be taught addressing each appropriate age group.

### **Structure**

- Participating in classes
- Learning Asanas
- Learning which Asanas to use to calm/refresh/energise
- Kundalini yoga techniques
- Contraindications
- Yoga Games
- Partnerwork

## **Breathing, relaxation and meditation for children – 8.5 hours**

Various breathing techniques and chanting will be taught. Various breathing techniques and how to teach them according to age groups will be part of the training. Also taught will be yoga nidra for children, and some kundalini meditations and kriyas specifically aimed at calming. Remedial techniques and relaxation and visualisation for each age group will also be discussed in detail. Techniques on how to calm a class (according to age group) will also be discussed.

### **Structure**

- Participating
- Learning breathing techniques
- Learning relaxation techniques
- Meditations & Yoga Nidra
- Mudras & Mantras
- Writing & Teaching a relaxation/meditation – to ensure an understanding of how to teach meditation, and to gain competence in teaching children

## **Child development and simple anatomy and physiology – 4 hours**

Anatomy and physiology related specifically to changes during child development and their application to yoga techniques; includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). Human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.) will also be part of the curriculum.

### **Structure**

- Child development
- Anatomy & Physiology – how children's bodies differ from adults
- Chakras & Nadis
- Contraindications
- Exam – to ensure an understanding of children's bodies to prevent injuries & accidents, and to gain more of an understanding of what they need & will benefit from.

## **Planning children's yoga classes – 3 hours**

Lesson plans and group processing for children's activities. Age-appropriate teaching skills for yoga class techniques (including how to phrase age-appropriate questions to a child) and effective communication skills (such as songs and stories) for working with children.

Each asana will be discussed during training and how to incorporate them into a story (eg vasistasana can be a plane, an arrow, a bridge, a rainbow...). Suggestions for getting from one place to another will also be used (magic carpets, different types of walking, etc). Birthday Parties will also be part of the training.

## Structure

- Different age groups
- Birthday Parties
- Schools
- Writing a class plan for assessment

## Yoga philosophy for children – 4 hours

Includes basic yoga precepts as they relate to children, and to teaching Yoga to children (e.g., the Yamas and Niyamas). Awareness of ethical behaviour and legal requirements as related to behaviour with and supervision of children. Specific training in parameters and techniques of ethical touch with regard to teaching children. Basics of ethical language and behaviour, both when parents or guardians are present and when they are not. The 8 limbs of yoga will also be discussed and how to explain to children, and the Kleshas will also be discussed.

## Structure

- Gaining an understanding of what yoga is
- Gaining an understanding of the 8 limbs, yamas & niyamas
- In order to teach the philosophy to children the trainees must first gain an understanding of it themselves
- History of yoga
- Types of yoga
- Handouts on the kleshas given out
- Exam to be taken and handed in on last day of training

## Yoga classroom management – 2.5 hours

Managing behavioural issues will be taught as will knowledge of classroom techniques, Also this includes the understanding of the yoga teacher's relationships with parents/guardians and developmental specialists and basic communication skills for conducting those relationships. Working in schools and learning how to integrate yoga into the classroom. Special Needs yoga -Learning disabilities and low developmental delay, ADD & ADHD, Autism, Aspergers, Cerebral Palsy, Downs Syndrome, Hearing and Visual Impairment, and Sensory Integration Dysfunction.

## Structure

- Behavioural Issues
- Special Needs
- Male/Female Ratios
- Hormones
- Ways of calming/energising/refreshing a class
- Questions will be asked during the training and an on-going assessment with trainees will enable the trainer to see what the student has understood.

## **Yoga business. How to get started teaching yoga to children – 3 hours**

Legal requirements, insurance, finance, registration, Marketing, PR, Advertising. How to set up a kids yoga business.

### **Structure**

- Learning how to promote classes
- Marketing, PR, & Advertising techniques taught
- Pricing & Invoicing
- Use of the web/social media
- Legal guidelines and insurance
- Registration
- Working in Schools
- Templates of invoices, press releases, etc will be handed out to enable trainees to be able to run a kids yoga business effectively.

## **20 non-contact hours –**

**Reading course material (see reading list, hand-outs) – 7 hours**

**Two exams (one is anatomy & physiology and the other is on all other modules)-4.5 hours**

**Preparing and writing a relaxation for kids - 4 hours**

**Preparing and writing a yoga class (see assessment criteria for more info) – 4.5 hours**