

Kids Yoga Teacher Training

LKY Teacher Training is fun and playful, connecting trainees to their own innate creativity and wisdom, while giving practical tools and knowledge for teaching Yoga for children, ages 2 - 12 years old. Graduates of the course will receive a Certificate of Completion from LKY.

The school has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that the courses are of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training.

Next **4 day** training dates: **8th-11th August 2019** and **2nd, 3rd, 9th & 10th November**.

Conditions for Registration

The course is for anyone who loves kids and has a passion for yoga. It is for yoga teachers wanting to specialise, and educators wanting to bring the benefits of yoga to their classrooms. It's for anyone who works with children: child psychologists, paediatric physiotherapists, paediatric occupational therapists, nurses, speech therapists...

It's also a great for parents to find new ways to connect with their children, and share a healthy, fun, and non-competitive movement-based activity with their families. It is for anyone who wants to expand a current related profession or learn a new one!

You do not need to be a yoga teacher to take the course, but you must have at least 500 hours/2 years of yoga practice.

Students must hand in a written assignment (at least a week before training) on why they want to become a children's yoga teacher (400 words min).

Students will need a current Disclosure certificate which will be verified by LKY. <http://www.disclosurescotland.co.uk/basicdisclosureonline/>

Attendance at all of the trainings is essential for successful completion of the course,

Complete the home study, i.e. reading and written assignments.

GDPR

GENERAL DATA PROTECTION REGULATION

Upon registration as a student of our training course, you consent to your contact details (name, email and phone number) being passed onto our partners, Yoga Alliance Professionals, so they can contact you directly and invite you to register as a Trainee and Teacher and that you understand that you have the option of opting out of this registration process.

LKY sometimes takes photos for promotional purposes. If any client objects to a photo being taken, they must let the teacher know at the beginning of class. Teacher trainees are encouraged to take photographs and videos throughout their training to aid them with personal development and feedback.

What to Bring to the Training

1. Your books from the reading list
2. A pencil/pen to jot down notes in your manual, which you will receive during the course
3. There will be short breaks throughout the course and then a longer lunch break. Lunch is provided. Please also advise of dietary requirements at least a week before the training
4. A water bottle

Course Fees: £175 deposit, and £500 final payment

This Covers:

- LKY Registration and Certification
- Assessment fees
- Tuition fees and Course Manual material

Additional costs (not included in cost of course):

- Disclosure- £25
- Travel expenses
- Course books
- Deposit of £175 is non-refundable. Full course fees to be paid at least 10 days before training day unless an arrangement is made with course tutor prior to course commencing due to special circumstances.

Refund of course fees - excluding deposit, fees are only refundable under the following circumstances:

Death of spouse or family member

Sickness - Doctor's sick note needed for proof of sickness.

Content

Each weekend will comprise of general topics, learning through group work and discussion, lectures, and practical sessions. We will study child development, looking at physiological, psychological, spiritual and social aspects related to each age group. We will explore themes, games, stories, music and other creative ideas to use with children as they grow and develop.

Topics include:

- Setting up and running classes safely
- Safety issues related to child development
- Child protection
- Yoga in school and community organisations
- Pranayama, yamas and niyamas, meditation and relaxation techniques to use with the different age groups
- Child development
- Behaviour management
- Techniques to improve concentration and memory
- Creative lesson planning
- Exploring yoga-related themes, games, stories, songs

Assessment of Studies

- Submit a series of written assignments.
- All course work is designed to get you up and running and maintaining your classes.
- Attendance to all trainings.
- Complete final assessment to be handed in within a month of finishing the course.

Certification

A LKY training school certificate accredited by Yoga Alliance Professionals will be presented on successful completion of the course.

Our training school has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that our courses are of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training.

Course Texts

Please buy or borrow from the library these books for the course:

1. Course Book: **'Yoga'** by Linda Sparrow. **Read pages 9-60.**
2. **'Yoga Education For Children'** by Swami Satyananda Saraswati. **Read pages 1-89.**

A list of recommended reading will be given at the start of the course.

A large collection of books will be available for you to look at so that you can decide which books appeal to you.

A comprehensive Course Manual will be provided.

Asanas (postures)

LKY would be grateful if you could ensure that you are familiar with these postures prior to the course; you will find them in your reading list book 'Yoga'.

Standing postures

Triangle (Utthita Trikonasana)

Reverse Triangle (Parvrtta Trikonasana)

Warrior 1 (Virabhadrasana 1)

Warrior 2 (Virabhadrasana 2) Surfer.

Warrior 3 (Virabhadrasana 3) Magic Bird

Half Moon (Ardha Chandrasana)

Side Angle Stretch (Parsvakonasana)

Reverse Side Angle Stretch (Parvrtta Parsvakonasana)

Flank Stretch (Parvottanasana)

Wide Legged Forward Bend (Prasarita Padottanasana)

Woodchopper (as above with fingers interlaced behind back)

Windmill (Feet face forward 4ft apart and take opposite hand to foot, gaze up at hand to ceiling).

Volcano (from mountain pose, hands to prayer stretch up on inhale and lower arms on exhalation).

Tree (vrksanana)

Asanas (postures) continued.

Standing postures (continued)

Stork (prep for Natarjarasana)
Dancer (Natarjarasana)
Eagle (garudasana)
Gate (parighasana)
Chair (Utkatasana)
Mountain (Tadasana)
Half lotus forward bend (Ardha Baddha Padmotansana)
Squat (malasana)
Spider Stretch Prep and Tittibhasana
Lunge with knee on floor (Hip flexor stretch)
Frog (Bhekasana)

Balances

Aeroplane (vasisthasana)
Boat (navasana)
Crow (kakasana)
Crane (bakasana)

Seated postures

Butterfly (baddha konasana)
Cow Head (gomukhasana)
Hero (virasana)
Lion (simhasana)
Pigeon (eka pada rajakapotasana) and quad stretch with twist.
Rowing (hip mobiliser)
Crossed legged (sukhasana)
Lotus (padmasana)
Staff pose (dandasana)
Splits (hanumanasana)

Twists

Lying Twist (Jathara Parivatanasana) with bent and straight legs
Seated Twist (marichyasana 3) and variations
Seated Spinal Twist (Ardha Matseyendrasana)
Mermaid (Bharadvajasana)

Back arches

Bow (dhanurasana)
Cobra (Bhujangasana)
Variations of salabhasana (locust)
Fish (matsyasana)
Shark (variation on salabhasana interlacing fingers behind back)
Lower back exercise (sethu bandha)
Wheel (urdvha dhanurasana)
Camel (ustrasana)

Asanas (postures) continued.

Back arches (continued)

Cat (marjariasana)
Crab (table top)
Bridge (purvottonanasana)
Handstand (urdhva muka vrksasana)
Swan (hamsasana)

Forward bend

Child pose (balasana)
Hare (shashankasana)
Seated forward bend (paschimottananasana)
Head to knee pose (janu sirsanana)
Half lotus forward bend (ardha baddha padma paschimottananasana)
Wide leg forward bend (upavista konasana)
Plough (halasana)

Inversions

Headstand (salamba sirsasana)
Shoulder Stand (salamba sarvangasana)

Additional postures

Crocodile (Chaturanga dandasana)
Cycling (hands behind head taking opposite elbow to opposite knee)
Plank
Splits (hanumanasana)
Extended leg stretch on back (supta padangusthasana)
Crow walking