

Teens Yoga Teacher Training

LKY Teacher Training is fun and informative with a strong emphasis on yogic philosophy, connecting trainees to their own innate creativity and wisdom, while giving practical tools and knowledge for teaching Yoga to Teens, age 12 - 18 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: **6th-9th June** and **10th-13th October 2019**.

Conditions for Registration

The course is for anyone who has an interest in working with teenagers 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 teens: psychologists, physiotherapists, occupational therapists, nurses, speech therapists...

It's also a great for parents to find new ways to connect with their teens, and share a healthy, fun, and non-competitive movement-based activity with their family. 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 teen 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

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 day will comprise of general topics, learning through group work and discussion, lectures, and practical sessions. We will study teen development, looking at physiological, psychological, spiritual and social aspects related to teens.

Topics include:

- physical development
- mental development
- psychological development and theories of adolescence
- behavioural management
- mindfulness techniques
- lesson plans & class structure
- yoga philosophy
- how to teach pranayama and asana
- meditation
- marketing techniques

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. **'Yoga'** by Linda Sparrow. **Read pages 9-60.**
2. **'Teen Yoga For Yoga Therapists'** by Charlotta Martinus
3. **'Yoga for Teens'** by Shawna Schenk

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)
Tree (vrksanana)
Stork (prep for Natarjarasana)
Dancer (Natarjarasana)
Eagle (garudasana)

Asanas (postures) continued.

Standing postures (continued)

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

Asanas (postures) continued.

Forward bend

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

Inversions

Headstand (salamba sirsasana)
Shoulder Stand (salamba sarvangasana)