**Jilandra School of Yoga – Childrens Yoga Teacher Training**

**Description**

The learning outcome of this course: will give a foundation of the safety aspects of teaching children yoga along with the cognitive development of each age group from birth to teenage.

During this course you will learn how to develop safe fun and educational lesson plans for all ages.

This course is accredited by the Yoga Alliance Professional and once completed you will receive a certificate of completion from Jilandra School of Yoga.

Insurance may be obtained form YA: to be fully insured you need to have completed your RYT200hrs, or be on a current accredited teacher training course.

This course will cover the following topics.

* Teaching safe yoga to a specific age group
* Developing lessons plans
* Resources, games and group activities
* Class management
* Lifestyles and diet
* Guided meditation
* Guided breathing exercise
* Relaxation
* Children’s anatomy
* Special yoga for special children
* Developing lesson plans for respiratory conditions
* Legalities for setting up a yoga class for children

This course will give an over view of teaching yoga to children and enable the teacher to teach with safety confidence and understanding.

Before this course starts students will be asked to prepare a 2,000-word essay

The time allowed for this is 12 hours on a chosen topic

**For example:**

Special yoga for special children

Yoga to help build confidence

Yoga for children with life threatening illness

During the course you will then be asked to present you essay in 30 minutes to the group, making it interactive, fun and informative.

You are also expected to attend two children’s yoga classes and write your findings, example: what you found useful, what would you change and any other notes.

**Times & Dates 13th October - 15th October**

**Day 1 - 9am – 6pm Day 2 - 9am – 6pm Day 3 - 8.30am – 6.30 pm**

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|  | **Contact hours SYT**  | **Non contact hours** | **Total Hours**  |
| **Day 1*** Introduction to the course
* Agenda
* Principles of Yoga teaching for children through games
* Teaching yoga from birth to toddler
* Developing lesson plans for this group
* Cognitive development for this age group
* Resources and games, and group activities for this group
* Helpful idea and class management for this age group
* Teaching yoga to 2-3yrs & 4-5yrs
* NB: all of the above for this age group
* Life styles and diet though games and fun cooking ideas
* Guided meditations
 | 9 hrs  | 4hrs | 13 hrs  |
| Day 2* Recap on day 1
* Guided breathing a pranayama for children though games and visuals
* Children’s anatomy
* Teaching yoga to 6-8 yrs
* NB All of the above for this age group
 | 9hrs  | 4hs | 13 hrs  |
| Day 3Recap on day 2 * Children’s yoga for respiratory conditions
* Developing lesson plans for these groups
* Class management and safely
* Special yoga for the special child
* Teaching yoga to 9years 12years
* NB all of the above for this age group
* Teaching yoga to teans
* NB: All of the above for this age group

Total Hours SYTTotal hours Non Contact Total course hours  | 10hrs 28 hrs 12 hrs 40 hrs  | 4hrs12hrs  | 14hrs40hrs |