**Jilandra School of Yoga – Children’s Yoga Teacher Training**

**Description**

The learning outcome of this course: will give you a foundation of teaching Yoga to children with emphasis on safely and fun 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. Our children need this more than ever, and you will be an integral part of helping our children grow and become confident and develop you own unique style.

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 YAP: 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 30 -40 minute presentation and deliver it as a lesson plan, on the last day of the course to your peers. The lesson plan should be aimed at a specific age group themed around your chosen topic, **examples below**. You will need to print out your lesson plan to give to all students on the course, numbers to be given nearer the course date.

The lesson plan will need to have a warm up at beginning, a structure to the middle and story time/ relaxation to close the practice. Be as adventurous as you wish bring in sound; singing games, story time, rhyme time. Allow your inner child to be free.

Should you need any help, I am here before the course to advise.

**For example:**

Special yoga for special children

Yoga to help build confidence

Yoga for children with life threatening illness

Yoga for toddlers, teenagers ….

Yoga for helping with stress with exams

Yoga to cope with this modern world.

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. If you find this difficult let me know I know teachers who you can attend.

**Times and dates** 9th Feb & 10th Feb & 9th March & 10th March 9.00am – 6.00pm each day with one hour lunch – Homemade Soup will be provided

Cost of the course is £500 payable to secure your place on the course

**What is included:**

We will look at all age groups . The principle of teaching yoga through games and stories. Developing Lesson plans together. Cognitive development for each age range, and game ideas.

We will look at the principles of yoga through Yama’s and Niyama’s delivered through stories and activities.

Helpful ideas for class management. Lifestyle ideas and dietary advice. Meditation and Pranayama ideas for you to share as fun lifestyles to encourage children to use these techniques of the mat.

You will have lots of lesson plans to take on your journey, games ideas, confidence to go out and help our children.

Lunch each day will be provided. Homemade soup

You will be able to apply for your insurance to teach from Yoga Allaince Professionals as soon as you graduate from the training on Sunday 10th March. There is an additional cost for this and you need to be a Registered Yoga Teacher 200hrs or on a current course.

**Venue:** Greywell Village Hall

Greywell

Hampshire

RG39 1BZ