

# **Santosha Yoga Training**

## **Yoga for Kids**

### **PROSPECTUS**

**Course Instructor:** Ger Aherne

**Duration:** 4 Days

**Times:** 10.00am – 4.30pm

**Cost:** £495 payable - £195 deposit  
plus two payments of £150  
or  
€650 payable - €250 deposit  
plus two payments of €200 each

**Location:** Santosha Yoga Studio, Lisburn

## **Rationale:**

The Santosha Yoga for Kids Teacher Training Course is designed for qualified yoga teachers giving insightful, creative and practical training to safely and effectively lead successful yoga classes for children aged between 3 to 12 years old. The course is designed to help you custom your knowledge to promote a sense of well being on all levels (mind, body and spirit) and engage children of different age groups. The training teaches how to use yoga to build a child's confidence, self-esteem and help young students to discover their sense of expression and self-worth. During the course you will experience a yoga class for 3-7 and 8-12 year olds, develop and have the opportunity to participate in teaching a class designed for these age groups. The course compliments the SPHE (Social, Personal, Health Education) curriculum used in schools. The SPHE curriculum will be addressed and students will be shown how yoga fits into that.

## **Aims and Objectives:**

The aims of the Yoga for Kids Teacher Training Course are:

- ❖ to find new ways to tailor your knowledge for younger yogis and children with special needs.
- ❖ to deliver fun, imaginative and appealing yoga classes for 3-7 and 8-12 year olds.
- ❖ to leave the course feeling confident to share your enthusiasm in yoga and manage a class of young yogis.
- ❖ to tap into your creative streak and discover the child within.
- ❖ to leave the course with a 10 week class plan (for each age group) and ability to add to that.

## **Requirements:**

To apply for the course you must be a qualified yoga teacher.

## **Assessment:**

During the course you will work in teams to design and teach a yoga class for children. You will be assessed based on your creativity, contribution and presentation. It is important you come prepared to participate, move your body and be young at heart.

You must attend all classes and be on time for all modules.

A Santosha Yoga for Kids Teaching Certificate will be awarded on successful completion of **ALL** four days.

## **Course Content:**

### ***Yoga for 3-7 Years***

Learn to structure fun classes through yoga adventure stories that use traditional yoga postures, breathing and relaxation techniques to foster a child's natural powers of imagination and creativity.

#### ***Day One:***

Introduction

Guidelines for teaching yoga to kids

Translating asanas into poses for stories

Techniques to encourage self-expression and confidence

Class structure

Yoga stories: A Sample Class

Workshop: Prepare a Yoga for Kids class with your group

Team presentation of a Yoga for Kids class.

#### ***Day Two:***

Class Management

Guidelines and tips for teaching children

Special Needs

Yoga Chants, Songs and Games

Workshop Continued: Team presentation of a Yoga for Kids class.

### ***Yoga for 8-12 Years:***

Using traditional yoga postures and partner work to structure a class that appeals to an age group who want to be physically challenged, whilst being entertained and amused with games and mentally guided through relaxation and visualisation.

#### ***Day Three:***

Introduction

Benefits of yoga for 8 to 12 year olds

Class Structure

Yoga Games

A Sample Class

Workshop in teams to build and deliver a yoga class for 8-12 year olds

#### ***Day Four:***

Team presentation of a yoga class for 8-12 year olds

Partner Posture Work

Imagination, visualisation, breath work and meditation

Opportunities and Marketing Yoga for Kids

Operational and Administration Issues

Certificate of completion and closing

## **Course Materials include:**

Your Santosha Yoga for Kids Teacher Training Course will include:

- ❖ A comprehensive Teacher Training Manual with a 6 week class plan for each age group.
- ❖ Opportunity to develop a further 4 weeks worth of lesson plans for each age group during the course.
- ❖ Sample support material including student registration forms.
- ❖ Ideas on marketing classes to schools, health clubs and youth organisations.

Additionally, you will need to bring a yoga mat, any props you may require, a pen and some paper.

A completed application form should be completed and returned with a non – refundable deposit of £195, made payable to **`Santosha Yoga Training`**, and posted to:

Santosha Yoga  
Yoga for Kids Course  
39b Market Square South  
Lisburn, Co. Antrim BT28 1AG.

