



# Children's Yoga Teacher Training Course At Dharma Yoga

*Quiet your mind ... Follow your Dharma*

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## **I – Purpose of this course**

To understand child developmental stages so as to adapt yoga classes accordingly  
To develop communication skills with children and with their parents or guardian  
To learn different tools to help you address specific issues you may be confronted with  
To help children develop their critical mind  
To help children manage stress

## **II – Course Objective:**

This Children's yoga teacher training class is designed to:

- bring a general understanding of child developmental stages: age groups defined as 2 to 4, 5 to 7, 8 to 10, 10 to 12 and 13 plus
- bring a general understanding of the basic components of yoga so students can have the foundation on which to build and grow their classes for children.
- show students ways to engage children of all ages into philosophical questions
- show students how to help children manage stress and emotions
- help students refine their understanding of yoga, encompassing the spiritual, the physical, the philosophical as it pertains to children
- develop students' teaching and communication skills so they can be more effective as teachers.

### **III - Learning Outcomes:**

By the end of the Children's Yoga Teacher Training program, trainees should:

- Feel confident teaching children
- Understand how to adapt and successfully engage children in the practice of yoga
- Be able to explore not only body and movement but also breath and meditation with children
- Learn to engage children in philosophical discussions and help them develop a critical mind

### **IV - Areas of studies:**

- **General Background in the Specialty Area (12 hours)**
  - How to teach to children
  - Specificities linked to children
  - Basic differences between the age groups
  - Feeling comfortable with different age groups
- **Techniques, Training and Practice (20 hours)**
  - Asana Practices for children
  - Learning breath
  - Teaching meditation to children – learning to focus and be attentive
- **Teaching Methodology (15 hours)**
  - Lesson plans
  - Communicating with children and their parents or guardian
  - Teaching skills by age group
  - Creating a safe environment
  - Age-appropriate adjustments
- **Anatomy and Physiology (10 hours)**
  - Child developmental stages
  - Growing bodies (a safe practice for our children)
  - Healthy body, healthy mind
- **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (12 hours)**
  - Ethics with children
  - Addressing philosophical questions they may have
  - Language and tone to use
- **Practicum (18 hours)**
  - Class observation
  - Class assistance
  - Teaching (discussion and feedback)
    - How to structure a class
    - What elements to include
    - Injury prevention and management
- **Elective Hours (8 hours)**

**Total: 95 hours**

## **V - Format:**

- Over the course of 5 weekends broken down as follows:
  - Fridays from 1pm to 7pm
  - Saturdays from 12:30 pm to 6pm
  - Sundays from 12pm to 5:30 pm

## **VI - Reading List: TBD**

## **VII - Assignments:**

- Class plans
- After a series of class observations, trainees will have to give their views of the overall observations and lessons learned.
- Reading and discussions on the material in the books
- Workbook completed

## **VIII. Behavior**

The studio promotes a space of trust and non-judgement.

We therefore expect trainees to be respectful of other trainees, teachers and students, to have a welcoming and friendly attitude, and to keep an open mind towards diverse views and opinions.

Trainees are expected to fulfill all assignment requirement.

Trainees are encouraged to study together and practice together if needed.