

YOGA<sup>ed.</sup>



ONLINE TRAINING  
**CHAIR YOGA AND  
MINDFUL PRACTICES  
FOR CHILDREN**

INFORMATION PACKET



## GENERAL INFORMATION

What if you and your students could learn simple practices that help them feel better at any time of the school day? A tool for when they feel stressed. Or overwhelmed. A tool for when they can't focus.

We're here to help you do just this. With chair yoga, you will have a tool not only for any setting you work with children, but also for any situation – **overwhelm, stress, tiredness, transitions** – and for any outcome – **to restore calm, focus, joy, engagement**.

Yoga Ed's "Chair Yoga and Mindful Practices for Teens" Online Course is designed for individuals who want to learn how to do this.

In this course, you will learn how to teach simple, practical tools to support children throughout the day. The tools shared in this course complement social-emotional learning and support learning at home, in classroom environments, in counseling settings, and in therapeutic settings. Upon graduation, you will be fully equipped with accessible practices for you and your students' lifelong wellbeing.

**Perfect for beginners.** No prior yoga experience or extra equipment required.

Focus: Ages 3 to 12 / Grades Pre-K to 5th

# WHY CHAIR YOGA?

## CHAIR YOGA IS SHORT.

These practices can be adapted to any time frame to quickly reduce stress and increase focus. Depending on how much time you have in your schedule, you can choose to share 3, 5, or 10 minute chair yoga mindful practices.

## IT HAS PROVEN BENEFITS.

Think of mindful practices as a more focused cousin of yoga on the mat. As brain breaks, chair yoga mindful practices have a proven track record of improving cognitive function by boosting oxygen flow in the brain, improving learning retention, and supporting overall neurohealth.

## NO EXTRA EQUIPMENT OR EXPERIENCE REQUIRED.

Who has time to clear a space, roll out yoga mats for you and your teens, and then get mindful in the middle of an already packed day? Maybe a lucky few, but the rest of us are working with limited time and space constraints. That's why we've taken all the benefits of yoga & mindfulness and translated them to the chair. Simply clear your desks, push your chairs back, and take a brain break with chair yoga mindful practices.



## OBJECTIVES

- 1 Understand what is chair yoga and mindfulness
- 2 Know how yoga and mindfulness benefits children's physical health, emotional wellness, mental health, and social relationships
- 3 Gain insight into the effects of yoga and mindfulness on brain development and the stress response
- 4 Embody the Yoga Ed. teaching philosophies, including behavior management and proactive classroom management strategies
- 5 Design and develop lesson plans appropriate to the age group you are teaching
- 6 Create yoga classes to meet standards
- 7 Safely adapt yoga breathing exercises, poses, brain breaks, and relaxation to the chair
- 8 Effectively implement yoga and mindfulness in the classroom to meet your students' needs
- 9 Teach chair yoga to children ages 3 to 12, Pre-K through 5th grade

## WHAT'S INVOLVED

The course is divided into 6 modules of lessons that you can watch in any order and as many times as you'd like. Modules include video lectures, interactive workbooks, downloadable lesson plans, reflection questions, and key teaching points for each grade group.

## HOW IT WORKS

Our flexible online courses offer two options for completing the course material – self-guided for flexibility in consuming the course, or instructor-guided for an engaging, interactive learning experience. You will have access to the course for 1 year.

	SELF-GUIDED COURSE (NO CERTIFICATE)	6-WEEK INSTRUCTOR-GUIDED COURSE (WITH CERTIFICATE)
6 online modules, with interactive video lectures, experiential exercises, reflection questions, and key teaching points for each age group	✓	✓
Downloadable 150-page color classroom guide (delivered digitally)	✓	✓
Interactive workbook with exercises for each week (delivered digitally)	✓	✓
16 downloadable pre-made lesson plans (delivered digitally)	✓	✓
Access to online course for 1-year	✓	✓
6 weekly live check-ins for 1-hour with an instructor and other participants		✓
Instructor feedback on 2 lesson plan activities		✓
Instructor feedback on your final project		✓
Certificate upon completing course requirements		✓
<a href="#">Eligible for Continuing Education Units (CEUs)</a>		✓
Access to private, global Facebook community group of Yoga Ed. training graduates, for ongoing peer guidance, support, and connections		✓
<b>Cost</b>	<b>\$199</b>	<b>\$399</b>

# COURSE OVERVIEW

## WEEK 1

This week we will introduce ourselves and review the course materials. We will also experience a chair yoga practice for teachers so we can start to get a feeling for the work.

## WEEK 2

This week we will explore chair yoga and mindfulness. We will examine how yoga and mindfulness supports students' physical health, emotional wellness, mental health, and social relationships. We will also introduce how the brain develops and stress response occurs, and how mindfulness can influence these domains.

## WEEK 3

This week we will introduce the fundamentals of lesson planning for a children's chair yoga class, including how to create relevant lesson plans to the age group you are teaching and how to lesson plan to meet standards. We will also learn about the chair yoga tool belt.

## WEEK 4

This week we will learn our yoga tools. We will practice children's chair yoga breathing exercises, yoga poses, brain breaks, and relaxation. Lessons will be interspersed with the benefits of each tool, demonstrations, and tips to put what you learn into practice.

## WEEK 5

This week we will dive into how to implement yoga and mindfulness into your classroom. We will examine optimal frequency, dosage, and how to get started. We will learn how to create a classroom action plan to support you in getting started.

# COURSE OVERVIEW

(CONTINUED)

## WEEK 6

This week we will explore the teaching philosophies that inform your work as a Yoga Educator. We will discuss the impact and importance of these philosophies for effective teaching. Topics include behavior management, positive behavior strategies, and creating a calm classroom.

## REGISTRATION

Please visit [yogaed.com/teacher-training/chair-yoga-children/](https://yogaed.com/teacher-training/chair-yoga-children/) to register.

# HOW TO RECEIVE A CERTIFICATE FOR THE COURSE

To receive your certificate of completion, you must satisfy the following requirements and receive a final grade of  $\geq 80\%$ :

## WATCH ALL VIDEO LESSONS WITHIN THE YOGA ED. ACADEMY



### LESSON PLAN ACTIVITIES (30% OF FINAL GRADE)

Complete both activities for building lesson plans.



### FINAL PROJECT (70% OF FINAL GRADE)

Complete and submit your final project. The final project requires you to film yourself teaching a yoga class to the children you work with or on your own as if you were teaching to the children you work with.

## MEET YOUR FACILITATOR



### HARMONY TESORO

**Harmony Tesoro, E-RYT and YACEP certified, continues to root her work in yoga and mindfulness, through personal practice and professional dedication to growth and development. As Education Specialist for Yoga Ed., she is committed to sharing her unique knowledge and expertise through the Yoga Ed. Academy, with people across the globe. A licensed elementary teacher, with an MA in Teaching, MFA in Dance, and BA in Theatre Arts, Harmony has priceless, hands on experience, which she draws upon while leading professional development both online and offline, at conferences, studios, and of course, the classroom. In 2013, she found her own dance, yoga, and education company: HarmsaStar.**