

YOGA^{ed.}

ONLINE TRAINING
**TEACHING
TEEN'S YOGA**

INFORMATION PACKET



GENERAL INFORMATION

Yoga Ed's "Teaching Teen's Yoga" Online Course is designed for individuals who want to learn how to teach yoga to adolescents. Through this course, you will learn the theory and science behind the **physical, cognitive, emotional, and social benefits of yoga for teens**. You will gain the confidence to lesson plan for your students through ample opportunities to embody and practice teaching **yoga breathing, postures, games, and relaxation exercises** throughout the course. Upon completion of our course, you will be fully equipped with the knowledge and tools to **help adolescents build a lifetime of health and wellness** through the practice of yoga.

Focus: Ages 13 to 18 / Grades 6th to 12th

OBJECTIVES

- 1 Understand adolescents' physical, mental, emotional, and social development
- 2 Teach from a lens of social emotional learning and brain based learning
- 3 Know the benefits of yoga for adolescents
- 4 Embody the Yoga Ed. teaching philosophies
- 5 Design and develop lesson plans appropriate to the age group you are teaching
- 6 Create yoga classes to fulfill the National PE and Health Standards
- 7 Effectively utilize yoga tools in the classroom to meet your teen's needs
- 8 Teach yoga to adolescents ages 13 to 18, 6th through 12th grade

WHAT'S INVOLVED

The course is divided into 8 modules of lessons that you can watch in any order and as many times as you'd like. Modules include video lectures, interactive exercises, downloadable lesson plans, reflection questions, and key teaching points for each grade group.

COURSE OVERVIEW

WEEK 1

This week we will introduce ourselves and review the course materials. We will also experience a teen's yoga class in action so we can start to get a feeling for the work.

WEEK 2

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.

WEEK 3

This week we will look at what it takes to create a safe space for effective teaching and engaged learning. We will take this a step further by exploring how to cultivate positive relationships with your students through classroom management techniques. We will also introduce the fundamentals of lesson planning for a teen's yoga class.

WEEK 4

This week we will dive into brain based learning. We will examine how the brain develops during adolescence and how these changes influence how students are showing up in the classroom. We will also introduce developmental milestones. We will take what we learn about the brain this week to design yoga classes for students' developmental needs.

COURSE OVERVIEW

(CONTINUED)

WEEK 5

This week we will discuss teen's anatomy and physiology. We will understand how teen's bodies change during adolescence and how to tailor yoga tools to safely support teen's physical development.

WEEK 6

This week we will begin to introduce yoga tools, starting with adolescents' breathing and warm-ups. We will also introduce yoga postures for teenagers. Lessons will be interspersed with the benefits of each tool, demonstrations, and tips to put what you learn into practice.

WEEK 7

This week we will cover partner poses, games, and relaxation techniques. We will also learn the benefits and skills that each of these promote.

WEEK 8

This week we will learn how to get started teaching adolescent's yoga and create an action plan to begin teaching yoga. We will also share teaching resources that can help enrich your students' yoga experience.

HOW IT WORKS

Our 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) | 8-WEEK INSTRUCTOR-GUIDED COURSE (WITH CERTIFICATE) |
|---|--|---|
| 8 online modules, with interactive video lectures, experiential exercises, reflection questions, and key teaching points for each age group | ✓ | ✓ |
| Downloadable 400-page color classroom guide (delivered digitally) | ✓ | ✓ |
| 48 Downloadable pre-made lesson plans (delivered digitally) | ✓ | ✓ |
| Access to online course for 1-year | ✓ | ✓ |
| 8 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 | | ✓ |
| <u>Eligible for Continuing Education Units (CEUs)</u> | | ✓ |
| Access to private, global Facebook community group of Yoga Ed. training graduates, for ongoing peer guidance, support, and connections | | ✓ |
| Cost | \$199 | \$399 |

REGISTRATION

Please visit yogaed.com/teacher-training/teens-yoga/ 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 teens you work with or on your own as if you were teaching to the teens you work with.

MEET YOUR FACILITATOR



DEEPALI PATEL

Deepali Patel has grown up with the practice of yoga as a lifestyle, and has studied and taught it regularly since 2013. She is a certified 500-hour yoga teacher, 95-hour children's yoga teacher, and Reiki practitioner, with a Master's degree in Elementary Education. Her life's work has been to teach and guide students of all ages to find peace and center between mind and body. Deepali embodies the belief that the benefits of yoga can be enjoyed by ALL, and teaches classes inclusive of all ages, abilities, and backgrounds.